$ 1.50 Vol. 4 No. 1 1983

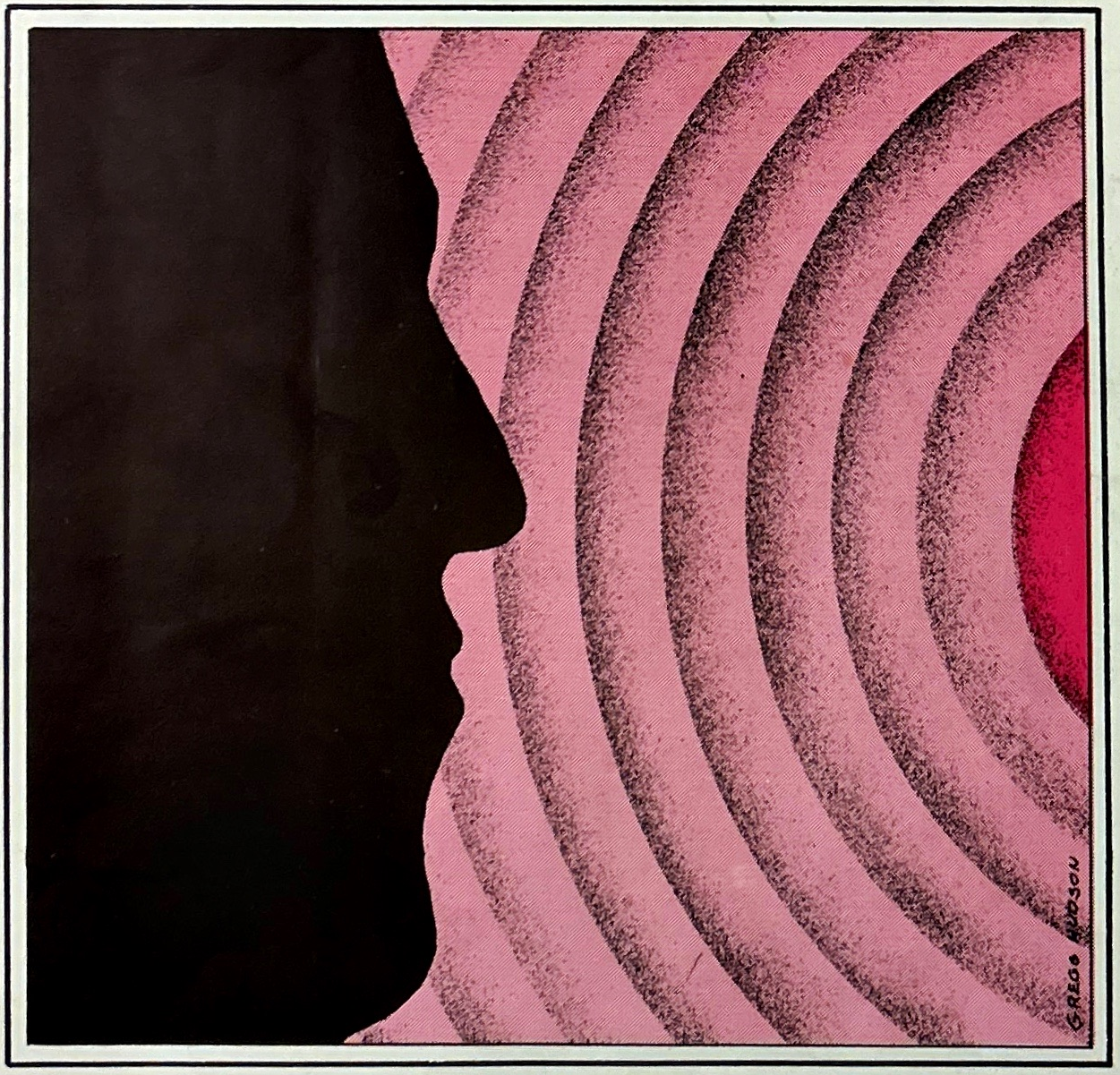
# PSYCHIC LIFE

SPECIAL ISSUE
SOUND & PSYCHICS

RINGING IN YOUR EARS

MORE SPIRITUAL MARKETPLACE

Where to Find a Psychic




EST: SPIRITUAL OR PSYCHOLOGICAL?

AN INTERVIEW WITH THE CALLOWAYA INDIAN HEALERS

SHIRLEY MAC LAINE: HER INNER SEARCH FOR SPIRITUALITY

1984: AN ASTROLOGICAL VIEW - PART 1

IASOS: MUSIC OF THE SPHERES

5

advertisement

# What happens at the Berkeley Psychic Institute?

**from the Graduation Address given by Rev. Connie Maine on her graduation from the year-long training program of the Berkeley Psychic Institute and the Church of Divine Man**

It was only the other day that I was asked to be valedictorian for this graduating class, and I really had to laugh, because at that late date I thought for sure this cup had passed me by. But I don't know, maybe Rev. Karen Tamura is psychic, because she knew that if I have too long to think about doing something, I end up making it harder for myself. The best way for me has always been to jump right in. In fact, that's exactly how I got into the One Year Clairvoyant Training Program. Every so often, Rt. Rev. Michael Tamura gives introductory lectures about the year program. When I attended one of these a year ago September, I had had three readings in the previous months. No classes. I really had very little idea what the Berkeley Psychic Institute was all about. But on the second night he said, "You know, you can take the beginning classes and really go through a lot of changes. And that's really great. But if you want to blow those pictures that are keeping you from having autonomy, you'll have to join the year program." Autonomy--that's all I needed to hear... that very night after the lecture I was signing on the dotted line.

One thing that I was reminded of when I was asked to tell you of my experiences this last year, is that there're many years and experiences that lead up to all the changes that happen in these 12 short months. I have known since I was 13 that I had more available to me than I was using, but what was keeping me from accessing all that? I've always known that I create my reality, in fact I'd even watched myself in action a few times. But if I create my reality, why was I creating so much pain and frustration? Why couldn't I be more in control of my own movie? I'm supposed to be the director and script writer. Hey, was there someone messing with my script?

So I tried a few different groups aimed at self-awareness: I lived in a commune called Morehouse where I learned to communicate about sex; I did EST where I learned to communicate about, well, nothing really; and I read the Seth books. I even tried a guru. Yes folks, I ran off with a Buddhist guru for 6 months, because I thought, if there's anyone who can guide me to myself, he can. Boy, was I surprised! Not only could he not allow me to be myself, but he wanted MY spiritual information, and then HE took credit for it!

So there I was angry as a hornet, ready to begin my training; ready to get at all those bits of energy that were keeping me from being my true self. That I was to become psychic in the process seemed incidental, I wanted my freedom. Well I found out very quickly that to get my freedom, I had to become aware of where I wasn't free. And for that I had to become aware of something that, even though I couldn't touch it, its effect on me is very real.

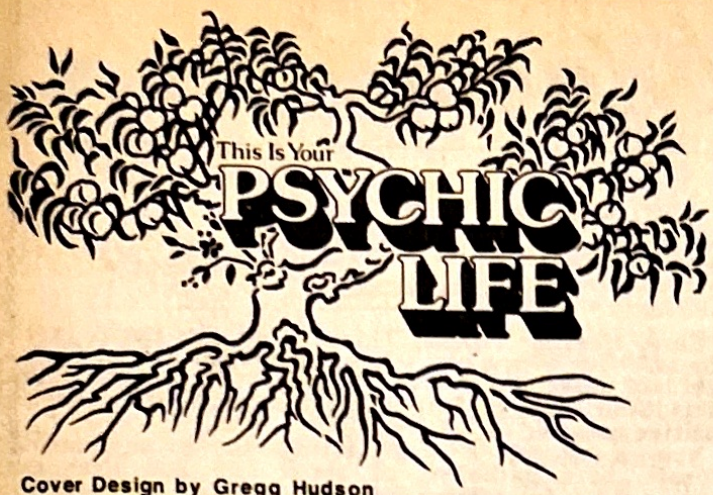
So I began asking questions: "What is controlling me?" Answer: "Energy." "Well, what is it, and how do I find it?" "Look for yourself. Find that place within you where you can see for yourself what is true and what isn't." "Oh. Well, then what? What do I do with it if I don't want it?" "That's the easy part... just move it out of your awareness. Heal yourself." Now, not only was I learning to be psychic, I was learning to be a healer. A spiritual healer.

This was getting fun! I went to healing clinics, I did psychic readings. But gee, why couldn't I do it as well as that reader over there? Why couldn't I see what she saw? So what if she's been at it for three years and I'm just a beginner. I HATE being a beginner! If something can be learned, and learned well, great. But can't I skip the beginning? HELLO COMPETITION! Competition seems to have been one of my greatest themes this year. It was so amusing: I'd be sitting in a healing class thinking, I'm going to be a teacher someday; I'd better pay attention to how Tom's teaching. Now I wonder what great information I missed because I couldn't BE a student. Or I'd be learning to do a psychic reading, so busy trying to see how the more advanced reader did it, I wouldn't see my OWN pictures. Even now as I trash myself for making all those mistakes, I'm amused at how I continue to compete with myself. But hey, that's OK, I'm not perfect yet. Give me another month...

I looked up the word valedictorian the other day in my little Funk & Wagnall. It means: a graduating student who delivers a farewell address. It comes from the Latin words VALERE, meaning to be well, and DICERE, meaning to say. I say farewell--be well, Berkeley Psychic Institute. I say farewell to being a year student... and hello to the Church of Divine Man, as a minister.

HELLO! ☆

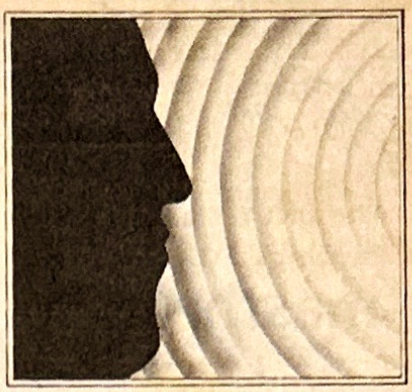
For More Information: Berkeley Psychic Institute, 2436 Haste St., Berkeley 94704 (415) 548-8020




Cover Design by Gregg Hudson

Sound and Psychics

# Contents




**Indian Healers** — Herbs, incense and animals are used by Callawaya Indians of Bolivia to diagnose and heal the sicknesses of their people and the outsiders who seek their miracle cures. A Psychic Life exclusive. 10

*Inner Tunes* — IASOS shares with us his philsophy on music as a energizer and the mechanics for being in total harmony with your own spiritual tune. 12

**Sun Singer** — Take a trip with two writers of Psychic Life Magazine as they travel through the surrounding sounds of Paul Winter in concert. A magical masterful voyage of sound and color. 18

**Psychic Singer** — A professional singer compares her experience with sound to those of Psychic Life's editor. Both find the power of healing in the human sound. 20

**Buzz Buzz Bees or Beings** — Ever get a buzzing in your ears like an unanswered telephone? Well that high pitch is just a spirit trying to say hello. A teacher of psychics tells you how to answer that phone. 22

**Astrology on Orwell** — George Orwell step aside. Robert Cole's theory on 1984 gives us an astrologer's ring side seat. Big brother, U.S. - U.S.S.R. relations, and the computer industry, are in part one of Cole's two part article, 1984: Chaos or Change. 30

**EST EST EST EST**

Why is that the answer, if that is the answer to the question what is? Intellectual "transformation" denies any spirituality, healing or definition. est teases us again. 26

**Feature Articles**

Callawaya Indians,10
IASOS,12
Paul Winter,18
Human Sound,20
Ringing in the Ears,22
est,26
1984: Astrological View,30

**Standard Articles**

Editorial,2
Cosmic Correspondence,3
Ask Sharon,4
Miracle,5
Healing and the Law,6
Spirit Guides,8
Lewis Speaks,9
Male and Female,14
How to Heal,15
How to Pray,16
Nutrition,23
Spiritual Market Place,24
Healing with Tarot,32
Glossary,34
Heavenly Humor,35
Questions and Answers,35
Intellectual Corner,37
Directory,38

# Editorial

The ONLY Magazine
BY Psychics FOR Psychics

## masthead

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This is your Psychic Life does not prescribe. The spiritual healings and spiritual techniques explained here are for educational use only. It is recommended that those seeking medical service see a physician.

## When You Hear the Sounds of Spirit

Ringing in the Ears, Hearing Voices, Things That Go Bump in the Night. "Tone-deafness." To a psychic, these are spiritual problems. (Scientists have yet to prove themselves in curing these maladies.) This issue of This Is Your Psychic Life Magazine is about sound and how it affects sensitive people.

Let me tell you a story: I was sitting in a seminar in Sacramento, California, in a gathering of about 100 San Francisco Bay Area psychics. As I was talking to my secretary, I heard a disturbing, but familiar, roar in my right ear. It started from within the lecture hall and came toward me like a frisbee, spinning, gaining momentum as it zeroed in for a direct hit and narrowed into a painful piercing thin howl. I became very angry. Out of nowhere a woman appeared by my right ear. Her voice, the same howl, pantomimed the sound in my ear. I then heard a sentence that her mouth did not make, "Help!"

This entire psychic experience lasted a mere 30 seconds. Does this sound familiar? For some sensitive people, this is a once in a while experience. For others it is the reason they are spending time in a psychiatrist's office each week or in a psychiatric ward, or worse, behind bars. If I didn't have training as a psychic that taught me how to handle the roaring in my ears and if I didn't have experience in how to view the cause, my anger might have become vengeance.

Local newspapers document many cases yearly of persons whose behavior is detailed in terms of "unexplainable or unseen forces at work." Can a sound drive a person to criminal acts? Or conversely to do "good works" such as build a large University?

Can psychologists determine what really happened to a lady who "always had a nice word for everyone" when she heeded the "voices who told her to kill"? She was arrested for ramming her car up on a crowded Reno sidewalk and killing five people. Dozens were injured.

The infamous Yorkshire Ripper, killer of 13, told the court, in 1981, that he was selected by God to kill prostitutes. "What I believed then and what I believe now to have been God's voice," he said, told him that the women were the 'scum of the earth.'

Pres. Ronald Reagan's would be assassin also claimed to have been visited by the voice of God.

A woman in New York last year said that the Holy Spirit told her to bite her one-year-old daughter and put a plastic bag over her head.

Most psychiatrists would agree on the "insanity of these people." But the legal debate goes on. In a discussion of the possible abolition of the insanity defense at last year's Bar Association Convention, the sides formed like this: society must determine which of its folks are sick and which are mean. Or, law doesn't make any sense unless it is based on an assumption of free will.

Criminals can escape the law if they didn't know that what they were doing was wrong or if they were not able to control their actions.

But not all unseen voices speak doom and crime.

Who is to judge the experience of Evangelist Oral Roberts who heard God tell him to build a medical university and that He will give him the cure for cancer? Or that of the Roman Catholic Archbishop Emmanuel Milingo of Zambia, Africa, who said that the spirit entered his body and told him to "Go and teach my gospel?"

Are Roberts and Milingo less sane than the others? Science itself has a way of playing God, if we listen to its voice in the guise of doctors and psychologists.

The experience of what is labeled psychic phenomena is common to every human form. The mere fact that a being enters a body at birth is a psychic experience. Is Ringing in the Ears the voice of another higher or lessor being? Science claims that 37 million Americans suffer from this problem which it calls "tinnitis." Read this issue for the other side of the coin: psychics' experiences of hearing the sounds of spirit.

Susan Hull Bostwick
Editor

# cosmic correspondence

### How to Pray

**Dear Editor,**
Re: How To Pray by Rev. Tamura
To be new and fresh as a child — born again — is to be rid of the old.
Vernon Howard, author/teacher states both verbally and in his writings:

> "It is possible for you to think with a new mind. This new mind is free of doubt and perplexity."

Doubt and perplexity are a part of the old and have no value at all. Seeing their valuelessness, wouldn't it be easy to get rid of it — therefore become new-reborn?

Bee Peplowski

### Thank You

**Dear Editor,**
Thank you very much for the attractive ads placed in Psychic Life. I was very impressed with the color coordination of the ad on the back cover of the recent issue. We greatly appreciate the advertising space in the magazine.
I've enclosed a current information packet, which gives more info about the retreat in the Northwest.

Rev. Matthew Deschner
Assistant Director
Rose Hill Island

### Psychic Energies

**Dear Friends:**
Enclosed is a donation. Please put the following letter in your Cosmic Correspondence Column. Thank you.

Psychics
We are compiling a list (directory) of psychics, mediums, spiritual counselors, healers, clairvoyants, etc., for the purpose of reaching as many psychics as possible. Here is why:
To pray in a group for world peace, to stop fighting, hunger, and radioactive and chemical waste dumping, to bring about world disarmament.
We will fight on a psychic plane, not physically. We can overcome these world-shattering activities by working on the astral plane. We can change history, build pyramids, stop bombings, stop world famine. We can bring Love and Peace.
I would like to tell you about us. Armand is clairvoyant/clairaudient. His Channel has asked him to do this task of gathering together people to pray in a group for world peace. He is the father of five children and has many interests. He is currently studying shaminism as well as the effects and uses of gemstones and minerals as tools of healing. He loves all people and Mother Earth, children being very special to him and this is why he feels that these vital issues are very important, especially for the sake of future children of the earth.
We call our group the PGE. It stands for Psychic Group Energy. I wish the donation could be larger, but we are having a difficult time financially at present (unemployment). We do feel that this endeavor is important now at this time. Things are looking up.
Thank you.

Lorie Ritchie
Contact us soon. Write us:
Psychic Group Energy
1133 School St.
Suisun, CA 94585
or call: (707) 426-2702
P.S. John Waters, where are you?

*(Hello Psychics... Do you have anything you'd like to say to the readers of Psychic Life Magazine? You are invited to use this column for your questions and comments. ...editor.)*


The Spiritual Healing Center

*The Spiritual Healing Center offers the finest healing of the physical, emotional, and mental levels. Reverend Joseph Martinez enters a trance state where spirit Doctors work with spiritual instruments in a painless and bloodless way on the body.*

*The Spiritual Healing Center also offers classes in self-healing. Students are assigned 2 healing Masters who facilitate the evaluation of consciousness and such activities as grounding, centering, chakra and auric clearing, exorcism, and meditation. A Spirit Doctor is assigned in the intermediate class to channel 8 methods of psychic surgery.*

*Reverend Joseph Martinez is the founder and full-time healer of the Spiritual Healing Center. He was born and raised in the Philippine Islands and is one of the Philippine healers. He is a recipient of the gifts of Spiritual Healing, Psychic Surgery and Exorcism, and Spiritual Dentistry.*

*Prayer Healing followed by Spiritual Dentistry is offered every Tuesday at 7:30p.m.*

*Meditation on Integral Yoga followed by group healing is offered every Wednesday at 7:30p.m.*

*Individual healing and counseling Wednesday through Friday 1-6p.m. Donation $40.00 per healing.*

*Healings are also available every Saturday in Sacramento. (916) 363-1268*

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# Ask Sharon

## Psychic Pen Pals

by Rev. Sharon Santos

**Dear Sharon,**

I am very interested in your magazine! I've been a psychic (that I know of anyway) for 3 years. I am studying astrology and am very interested in corresponding with Robert Baumgarten. Please let me know where to go from here on that. (SASE enclosed)

I am also a writer studying and working, doing healings, aura reading, well... on and on. I do wonder if Psychic Life Magazine is receiving articles from writers other than staff and if so, are they commissioned. I also write poetry that has a metaphysical, universal flair. At this week's meeting at my home I plan to introduce Psychic Life to about 15 psychics - hopefully generating more subscriptions for you. (Besides, by the time I loan mine out, it would come back dogeared!) Let me know on the above. I also can do long distance readings and healings with name, age, city and state.

Tried to make it short!

Thanks Sharon,
God Bless,
Reverend Susan Glika
of Universal Life Church

P.S. Anyone else in Tampa subscribing? Also am interested in starting my own (Tampa Psychic) magazine. Who can I talk to on that question?

**Dear Susan**

I am happy to hear of your interest in our magazine. You can write to our Editor, Susan Hull Bostwick or Manager, Darla Christiansen c/o Psychic Life for information about starting your own magazine. They might have a few tips for you about writing for this magazine too.

I am sending your SASE to Robert Baumgarten and hope that you enjoy your communication with him.

Good Luck on your Venture...

Sharon

**Dear Sharon,**

Hello! I live in Juneau, Alaska and just received the issue of Psychic Life (On Being a Body). Pat M.'s letter wanting to meet psychics in Juneau was a nice surprise. In fact, I thumbed through the issue in a distracted fashion apparently looking for something until I backed up to the beginning of the magazine and saw the smiling picture of Sharon, - and jumped down to the word *Juneau* several columns below! Thanks.

Well, my friend (who is also named Sharon) and I would like to communicate with Pat. We took classes at the WPI in Seattle and understand well Pat's "craving" to be around other psychics. Please let her know (we thought she is a female) or let him know as the case may be, that we are here too and let's get together. My address and telephone number is written below. Living in Alaska is, indeed, a continual growth period and we all need lots of validation! Love,

Cara

**Hello Cara,**

I am not surprised to learn about your experience of finding the request of another psychic in your area for communication, as psychics we seek each other out for that validation which can be as simple as a Hello.

I am sending your address to Pat along with your enthusiastic Hello!

Sharon

**Dear Sharon,**

I am wondering about my child; she is very pixie like and seems to be able to let me know what she wants without words. The other day she asked me for a toy but I was too tired to get up and get it for her. I thought I saw it move a couple of times, so I said, "Sara, what did you do?" and she just smiled at me!

Susan

**Dear Susan,**

As I look at your child I see her at about 16 months old and very capable. As I look at you, I see you giving her a safe place to grow and experiment in without judgement. Congratulations!

The Berkeley Psychic Institute has a school called Yin Yang Seminary for psychic children in your area. I will send you the address. They can be very helpful to parents like you with questions like these.

Tell Sara 'Hello' for me. ☆

Sharon


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# The Miracle of Communication

by Jacquelyne Smith

During this summer, I volunteered to work in Rev. Hanna Jane's Beginning Meditation Class at the Berkeley Psychic Institute. Hanna demonstrated the difference between communicating to the body and communicating to the spirit. As I watched the energy in the room, I realized how powerful and validating communication with spirit can be. The class had enjoyed that spirit contact over the weeks but fear pervaded the room when Hanna addressed their bodies and their invalidation. How often people speak to our bodies and disregard our beingness! I went home with a new way of looking at the way I worked with children.

Even though I know how to communicate to beings in bodies. I realized that when I am teaching, I become "professional" and I don't allow myself or my students meaningful, spiritual communication. No wonder teaching has become increasingly difficult for me as I grow in psychic awareness and ability!

At the time of this revelation, I was teaching in a six-week summer reading clinic. My student, Frances, was a sixteen-year-old girl who was reading at the third grade level. She had lots of invalidation in her space as well as responsibility. She took care of her disabled mother as well as her many sisters. I had said hello to Frances as a being and I had looked at her aura. Nevertheless, when it came time to work, I switched into my professional mode and "taught." After all, everyone else in the clinic was doing drills and teaching phonics. I was an oddball enough without having to be so blatantly psychic on the job!

But after Hanna's demonstration, I knew everything would have to change. On Monday, I said "hello" to Frances the spirit, and together we began to create a space for communication.

Saying "hello" to Frances completely changed our interaction and experience.

We replaced the boredom and lack of amusement with enthusiasm and laughter. One of the most entertaining changes was that jokes and mistakes were allowed into our cubicle. When either of us made a mistake, we could both laugh and enjoy it. The task at hand, improving Frances' reading ability, became secondary to our communication. The energy in our space that hadn't allowed us to succeed, paled while we were together.

The remainder of the six-week course flew by. Frances continued to work toward improving her reading and I became aware that, as a teacher, all I could do was help her to learn. I saw Frances as an amused and capable spirit and not as an invalidated body. And as a spirit, she is incredibly capable of creating the change she wants. Once I got out of her space and said hello to her, she began to improve drastically. She brought books home to read on her own, and even read during the half hour period before class began. Her comprehension skills skyrocketed and she began reading without pausing or stammering. On July 1st, Frances read at the 3rd grade level and on August 11th, she was reading at the 6th grade level.

Saying "hello" can really make a difference. "Hello!" ☆

*(Jacquelyne has been working on developing her spiritual abilities and integrating them into her professional work. ...editor.)*

**Susie Johnston**

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# THE BAD WORDS

Cult God Religion Psychic Spirit Validation Deprogramming Reprogramming Healing Regulation

by Michael Tamura

Cults, deprogramming, psychics, religion, church - these are bad words, or are they? According to most media they are bad words. The media makes them bad words. Those who wish to appear good when they are not, create bad words. When the media can talk about all the bad things, they feel good.

Who should define words other those who understand them? Yet the media seems to always define the words it doesn't understand. By doing this, it tries to degenerate and destroy what it can not control.

"Psychic" is a beautiful word meaning "soul essence." "Religion" means "bond between man and gods." "Cult" means "a small group of people who believe in a Supreme Being." Most of the time "deprogramming" which means "becoming free of a set of enforced instruction," is used where "reprogramming" should be. Then, there is "Church." Every intellectual atheist in the country wants to define "church" for us. I prefer Jesus' definition of "church" in the Bible:

> "Verily I say unto you, whatsoever ye shall bind on earth, shall be bound in heaven; and whatsoever ye shall loose on earth shall be loosed in heaven.
>
> Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered in my name, there am I in the midst of them." Matthew 18:18-20

The First Amendment to the Constitution of our country puts certain restrictions on the powers of Congress. It restricts, first and foremost, Congress' ability to make a law establishing religion or prohibiting its free exercise. It goes on to restrict the lawmakers from abridging the freedom of speech or of the press.

This freedom of speech and of the press is what the media uses to create bad words, and get away with it. To most of the media, spirit is bad because those who control the media do not believe in their own spirituality. Yet, the First Amendment right to freedom of speech and freedom of the press is a corresponding right to the freedom to worship your own religious beliefs. These rights are all basically religious and spiritual freedoms. Government, created by men, cannot be allowed to rule God and this spiritual relationship to man. This, I believe, was what our Founding Fathers intended to put forth in not only the First Amendment but also as the basis of our Constitution. This freedom of speech and of the press was

guaranteed so that we may be free to express our spiritual beliefs and enjoy them - not to destroy this right for others.

All of us who are healers and psychics - those who are learning, as spirit, how to handle the body and to enlighten it and attain our beingness - need to "deprogram" ourselves from the invalidation of the media. Sometimes the only place where it is safe enough to do so is in our church - where a healer can "loose on earth" so that the same "shall be loosed in heaven."

This is why both the government and the media as well as the colleges are so unhappy with churches - especially those churches which have not been around long enough to be totally engulfed and hypnotized by them. If you look around, most church colleges have become regular atheist college, most church hospitals have become regular medical hospitals, and most spiritual counseling in the church has been replaced by psychological counseling.

Irregardless of whether you agree with one church or another, a church may be our only real sanctuary from the tide of invalidation of our spiritual freedom. The more free you become as spirit, the more able you are to heal.

Every way you turn, some bureaucrat is trying to redefine "church" and "religion" so that he can control us. Our county tax

**The Government and the media are unhappy with churches that have not been around long enough to be hypnotized by them**

assessor, who told us he was not defining what a church or religion was, said that he will accept a church only if it has "regularly scheduled services with attendance and participation of the complete congregation that's free and open to the public."

Then, there is an article in a daily journal for attorneys titled, "How To Tell When A Religion Is A Religion."

But in and around all the legalities and invalidations, there is the biggest lie: you can't heal yourself.

Those who invalidate healers do so by saying that if you are a "real healer," you never get sick, or that you are not healing yourself if you go to a doctor. "Healing yourself" means doing everything you know to heal yourself - including going to a doctor when you need to.

Amusingly those who wish to control us always try to use semantics against us. "Now you're getting into semantics!" You better believe it. Understanding semantics may

**"Healing yourself" means doing everything you know to heal yourself— including going to a doctor**

mean the difference between having your right to be a free healer or being put into jail.

For almost every law that infringes in one way or another upon one's religious freedom, there is a clause exempting those who are practicing this religion or healing. For example, you cannot have your spiritual rights taken away from you if you are being healed:

> "No person who is being treated by prayer in the practice of the religion of any well-recognized church, sect, or denomination or organization, shall determine that he is or would likely become dangerous to himself or to the person or property of others, or unless being a minor; his parent or guardian having custody of his person shall consent to such detention or commitment." - Welfare & Institutions Code - Judicial Commitments

Not only are these rights required by the First Ammendment, they are required by the Church Law of Sanctuary - laws created by men cannot interfere with God and His relationship to Man. ☆

*(This series of articles on healing and the law are excerpts from a book being written by Rev. Michael Tamura. ...editor.)*

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# Spirit Guides

by Caitlin Goodsell

## The Hypnotic Mantra

(Author's Note: Kym is a clairvoyant who has experienced many forms of meditation. In this reading I'm looking at how the use of mantras has affected her clairaudient ability (ability to hear beings).)

CG: I see a layer of creamy white energy around your head and a picture of a male teacher who taught you a prayer-meditation.

KYM: I did Transcendental Meditation for six years.

CG: Would you chant your mantra to yourself...okay. That one created a hypnotic energy in your clairaudient channels and crown chakra which masked any distracting noises or thoughts, much as the sound of heavy surf will create a kind of aural privacy for people at the beach. It also froze the energy in your creative rings, strictly limiting the range of creative energy you could run.

KYM: Does that mean if I clean that out I'll get my creativity back?

CG: It appears to be the main problem there. Were you experiencing a lot of invalidation before you started TM?

KYM: Awful. Everything fell apart.

CG: Was your father very religious?

KYM: He's a minister.

CG: Did his worship involve a repetitive prayer, like a rosary?

KYM: No, he held pretty informal services.

CG: Did he spend a lot of time praying by himself?

KYM: Oh, yes. Hours every day.

CG: He prayed for you in a very repetitiouus, almost hypnotic manner. This created a heavy white energy in the center of your head -- uncomfortable and very invalidating of your own ability to communicate with the God of your Heart.

KYM: It was very heavy. By the time I was 16 I was ready to try anything.

CG: Unfortunately, the mantras you used only suppressed the symptoms, without affecting the original problem - then became problems themselves. Can you be amused?

KYM: Ha. Ha. Ha.

CG: Are you aware of the silver being off to your right?

KYM: Yes! I had a teacher who brought a being through me once to do psychic surgery on a lady with cancer. I've asked if this is the same being, but I can't get an answer.

CG: Which is because of all that foreign energy in your head and clairaudient channels. What I see is that it is the same being. I also see that the trancemedium channel on your right side is still set to his energy level. Does your right ear ring a lot?

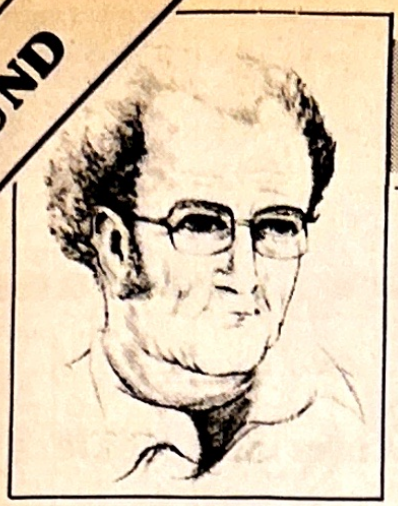
KYM: Lately it has. Does he want to be my psychic surgeon again?

CG: Yes. He is very capable, but his intense energy is more appropriate to a trance-medium level of healing than to what you're learning now, which uses the hand chakras only. Later on, after you've cleaned out your energy and gotten rid of those invalidation pictures, if you're interested in working as a trance-medium healer again, you might want to use him.

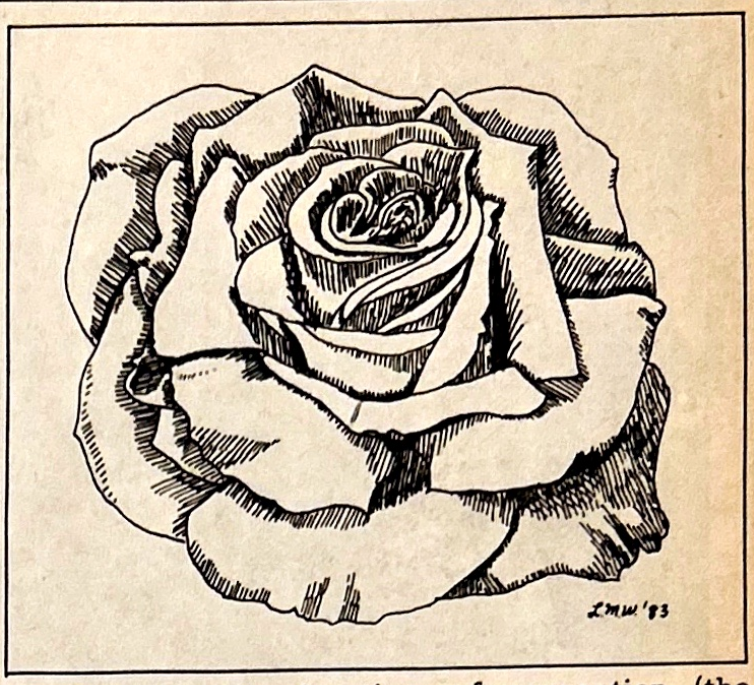
KYM: I am interested - only next time I'm going to be in control! ☆

SOUND

# LEWIS SPEAKS



by
Rev.
Lewis S.
Bostwick



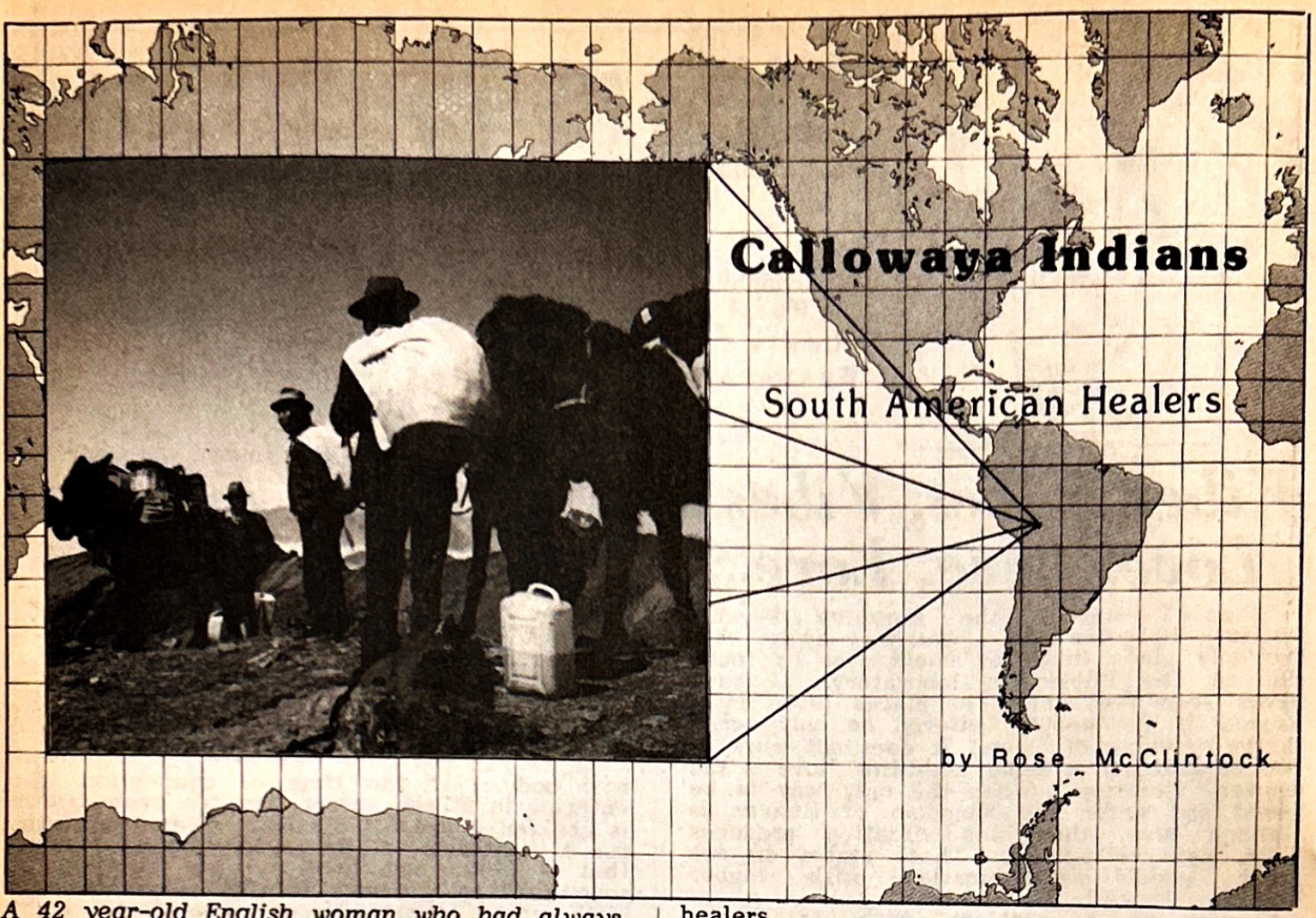
## *Vibes, Vibes, Vibes... Love, Love, Love...*

When I started the Berkeley Psychic Institute 10 years ago, I was very aware that the only place that God could ever be found was in the Physicist's laboratory. I have never seen God found in places (even in a church) if the people believed he only exists in the essences of "love." It does not work to communicate to a being with this "love is the answer" vibration. When the only way to be saved and enter the Kingdom of Heaven is through love, then this vibration produces guilt, pain or apathy. These states do not allow good communication with higher beings.

There is a problem with translating vibrations of the physical world into the spiritual world because really, in essence, it is a big lie; because there is no such thing as color. We interpret vibratory action with a physical gland or glands of the body into concepts that are real to the body. And most beings are playing the game of being a physical body and are caught up in the vibratory levels of reproduction (sex), pleasure, pain, and death. It might be time to put a new concept out for you to look at and that is - that in the spiritual world, as a being looking at the physical world and its low vibrations, you are observing the realness of length, width, breadth (1st, 2nd, and 3rd dimensions) but there is a 4th dimension called Identity. So, however the being receives its vibrations and through whatever glands in the body that are acting and being creative, they are interpreted in two ways: The physical, in which the being can have the vibrations of sex and pleasure and the immortal does not have to be or suffer the disease of pain. Unless it has the disease of the soul - the loss of communication with God. And then it would come into a state of total lonelines. So to correct this and get out of this disease where there are no vibrations, beings will do almost anything to get into a group where there is plenty of motion. Have you ever noticed that most people who commit suicide never say anything, they just go do it?

When a soul expresses itself through the body it has a very unfortunate thing happen to it. It can only express itself through the vibrations of the ovum and sperm that built a new body. At the time of conception (the entering in of the sperm into the ovum) there is created a great vibration. Then that fetus for 9 months is totally taken care of and all that it hears and feels is the vibration of sound. Then its next step of evolvement is birth where it experiences more pain, bright lights, cold and heat. These are all vibrations which are being interpreted by its limited life experience. At birth a very unfortunate thing happens: all of these vibrations override the previous experience and knowledge of the soul. So this small body is being bombarded by vibrations which, in essence, are all vague experiences, and when a child does remember something of its past, especially in a place like the United States, where there is no religious freedom (the minister or priest or rabbi says I have all you will ever need - don't ever let me catch you in another place - it is a sin to listen). So, in the freedom of our religion and in the wonderful and glorious United States, there is created a condition where no one can experience other philosophies and spiritual groups. So, we become intellectual animals that have professions called medical psychiatry and psychology; that give us a pill to put us to sleep, a pill to wake us up, a pill to make us happy, a pill to slow us down, and a pill called university education to solve problems. To a soul personality, these are all vibrations.

So how did I start to teach people to become psychics so that they could experience their psychic vibrations in the physical world? It was very simple and easy. Sit down, start energy running through your body, feel grounding from the base of your spine and create a mental image picture of a rose (if you don't like roses make it a sweet pea!). Now, for the first great secret - bodies can't create roses - only spirits can create pictures! ✡




*A 42 year-old English woman who had always wanted to have children, but was unable to conceive, went to see an Indian healer while she was traveling in South America. She and the healer took Ayahuasca, a hallucengenic drug that allows a person to develop "X-Ray vision." The woman saw that she had a large snake coiled up in her uterus and her other female organs. She started vomiting and saw that she was vomiting pieces of the snake. Within the next year, she gave birth to healthy twins.*

*Late in the night inside a certain South American embassy in Washington, D.C., a llama was sacrificed. There had been a series of unexplained incidents in the embassy, including the sudden death of the wife of an ambassador. The diplomats called upon members of the Callawaya Indian tribe, healers famous throughout South America, for help. The healers held the ceremony sacrificing the llama, and no further incidents have occured.*

I heard these and other stories during a recent hiking trip through Bolivia and Peru, and hoped that I would have an opportunity to meet and talk with some healers. When we met our pack animals in Curva, Bolivia at the beginning of our hike, I discovered that the muleteers who would be accompanying us during the trek were the Callawaya Indian healers. I had a chance to interview the healers the last night of the trek, with assistance from our guides, Hilary Bradt and Miguel Alonso, who translated for me from the Spanish and Quechua spoken by the healers.

R (Rose): Do you use herbs in your healings?

H (Healers): Yes. We cure using herbs from the area surrounding our village, Curva Bolivia, and when we travel to do healings, we bring along dried herbs which are then mixed with local herbs from the area where the sick person lives.

R: Are you considered traditional healers?

H: Oh, yes. We practice traditional herbal medicine and serve many areas where medical help is not otherwise available. We take the pulse and look at the color of the urine and use herbs to cure the illness.

R: How did you learn your healing techniques?

H: The information is passed down from father to son. All the men in our tribe are healers.

R: What are some of the herbs you use to heal?

H: Coca leaves are the most important because they have so many uses. Before we begin a healing, we throw coca leaves on the ground in front of the person and read the leaves to make diagnosis. If the leaves show that the person will die soon, we do not do the healing. If the leaves say that the person wants to live, we do the healing. We read the leaves to diagnose and use coca leaves to treat some illnesses.

R: Coca leaves are very important in your culture. Almost everyone I've passed on the trail was chewing coca leaves wrapped around a bit of lime, and we tasted mate de coca (coca tea) in La Paz.

H: Yes. And we also throw coca leaves

to tell the future. Whole coca leaves are thrown, and then we read a person's past, present, and future.

R: With the reading of the coca leaves and the use of the herbs to heal, it sounds as though your healing is a mix of traditional herbal medicine and a bit of psychic healing?

H: Yes, of course. That is traditional.

R: Do you communicate with any guides or spirits when you are healings?

H: Yes. We are in contact with Achachilas (the God of the Mountains, Pacna Mama (Mother Earth), Malcus (the chief God), and the Inca Virgins of the Sun.

R: Do the spirits come into your hands or body during the healing?

H: No, we see the projections of these spirits in the person who is being healed, and the spirits advise us how to heal the person.

Hilary: Do you use the drug Ayahuasca, used by some jungle healers, to be able to see the spirits?

H: No, Ayahuasca is used only in the jungle. We take a special herb to gain courage and to allow the possibility of seeing the spirits and communicating with the gods. Sometimes we burn incense and sprinkle the fire with a fine drink, like wine, to entice the Gods to appear and advise on the healing.

R: What sorts of ailments do you heal?

H: Anemia, liver and kidney problems, paralysis, all kinds of physical ailments.

R: Do you heal any "psychological" illnesses?

Miguel: Oh, yes. Even my friend from La Paz who is a Marxist and does not believe in God, calls upon the Callawaya Indian healers to heal her depression.

H: Yes. People with psychological problems usually have contact with bad spirits. If they have faith in us as healers, we can cure their problems.

R: How do you heal a person who has contact with bad spirits?

H: We cause the spirit to go into an animal, like a sheep, and then we kill the animal, The person is then cured.

R: Jesus talks of healing that way in the Bible. (Matthew 8:32) Do you know the Bible?

H: We have had Christian missionaries in the Curva area, but they have had very little impact because the people hold their traditional beliefs so strongly.

R: How do you cause the bad spirit to leave the sick person? Can you do it because you know you are more powerful than the spirit?

H: Yes. We make an agreement with the bad spirit for it to leave and then we bring the spirit of the sick person back. We give the bad spirit a ceremony and incense.

R: Like saying hello to the spirit?

H: Yes.

Hilary: Our local guide in La Paz was a wealthy, young University student. He told us that although he and his social class do not believe in magic, he often must deal with people who do. The construction of his new home was completely stopped recently when the workers refused to continue unless the fetus of a llama was buried in the foundation for good fortune. As soon as he agreed and the traditional sacrifice was completed, the workers finished building the house. Does the llama have special significance?

H: Yes. To tell whether the crops will be good, a llama is sacrificed and the heart is removed. The heart is read to determine if the harvest will be good. There is a ceremony, and a village man reads the llama heart in accordance with the traditional Inca signs of the sun and the moon, and asks for cooperation from the village. If the reading tells of good crops, but the village does not cooperate, the reading will not come true. Also, the heart and liver of a llama are read to determine the weather for the year.

Miguel: I have heard of a tradition where you can determine whether a woman has been faithful while her man has been traveling and healing.

H: Yes. If the healer leaves the village and his woman becomes pregnant while he is gone, there is a way to tell if she was raped or wanted to have intercourse. We tie her to a stake and wait for a sign from the condor. If the condor flies close, she is guilty. If the condor stays away she is not guilty. If she is guilty by the condor, the whole village puts pressure on her to commit suicide.

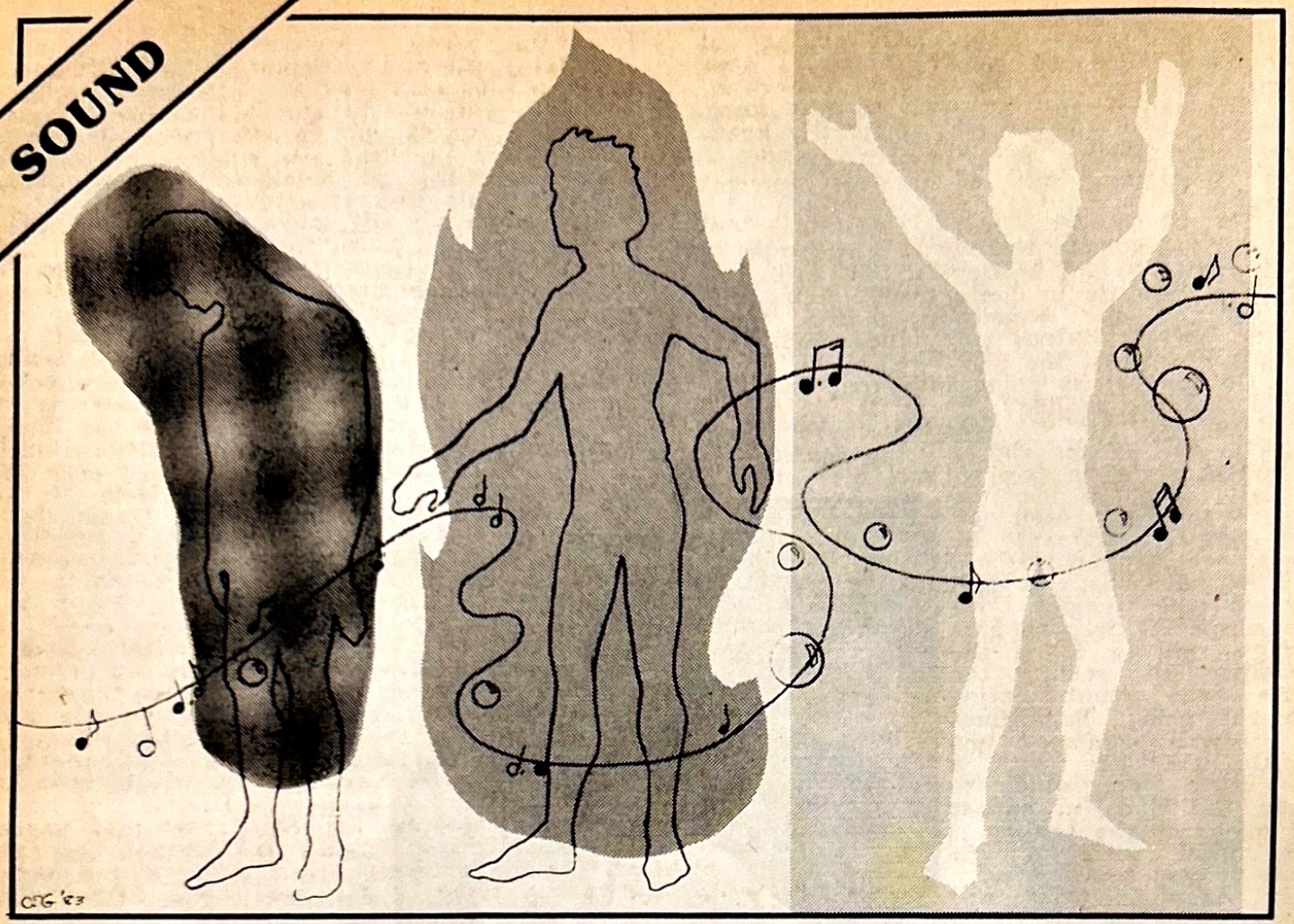
R: How does she commit suicide?

H: Everyone in the village stops communicating with her, in order to pressure her to commit suicide. She throws herself into the ravine, near where you watched the Curva children playing marbles.

It was a tremendous validation to communicate with these people who live thousands of miles and hundreds of years from me, and although there was no permission for me to tell them that I am a healer and a clairvoyant, too, I thoroughly enjoyed observing them and making their acquaintance, again. ☆

*(The healers Rose interviewed pass their healing information from father to son. When Rose told the interpreter that she too was a healer, he informed her that these men would not accept a woman healer. The interpreter told these Indian healers that Rose was a medical student. Too bad they didn't ask her any questions. Rose is a capable healer with a lot of information to share. ...editor.)*

SOUND



# IASOS: music for personal harmony

by Jan Brodie

*"I'm functioning as a time architect, using certain formulas in the music that I work with that are purposely designed to generate harmonious feelings... induce higher states of consciousness."*

Thus Iasos described his album, MUSIC OF THE SPHERES in his first public lecture a few years ago at the Berkeley Healing Symposium. Iasos uses sound as a healing agent. His talk began with why we need to be healed in the first place.

When we're out of harmony with our higher selves, and our four lower bodies, the physical, emotional, mental and etheric, are not aligned, we're in a state of imperfection, or imbalance, and we've created this disharmony through the projection of our own thoughts and feelings. It's as if the pure primal energy which is continually streaming in from our higher selves is a blank tape being qualified by the beautiful sounds or the ugly sounds we put on it. In other words, our energy is charged with the harmony or disharmony of our thoughts and feelings.

Thoughts create patterns, and feelings energize them. Iasos used the analogy that thoughts are like a steering wheel which determines what's going to happen, and feelings are the gas pedal which determines how soon. When you really understand this relationship between thought and feeling, Iasos believes you can use music to help manifest your desires.

For example, "pick a piece of music that to you is harmonious and that you know has an energizing effect on you. Then pick a desire that you want to manifest... hold that thought form in your mind, get it very clear, and turn on the music. And what happens is this: the music energizes your emotions and emotions vitalize that thought form. You can use music to manifest your desires this way. Do you see the relationship? Music charges your emotions and your emotions charge that thought form."

Evidently, the four lower bodies work together like an orchestra, and the thoughts and feelings act as the conductor, determining how well it's going to be played. Iasos believes that each person has a preordained melody which can never manifest until the four lower bodes are totally aligned. Misalignment is due to the disharmony generated between thoughts and feelings, and healing these from within yourself is the only way to create your own permanent harmony.

Iasos explains his concept that we each create our reality from our own thoughts and feelings. Yet the thought form you hold

within yourself about your health or lack of health is what determines the state of your health. External changes are temporary because we return to our own thought form. For example, if someone who habitually keeps his house very dirty hires someone to come in and clean it, it will only be a matter of days before the house is dirty again.

Part of the problem, Iasos believes, is that in this age we're working with a handicap on the planet Earth because the mass mind and feelings are filled with disharmony and imperfection. Although there are vast forces at work to upshift the energy, Iasos says we're functioning at the bottom of a two mile ocean of imperfect energy, an actual fence of etheric energy to stop this planet from emitting its negativity and polluting the rest of the solar system. Each planet radiates a certain frequency which is its contribution to the music of the spheres, but our planet is flat right now, and there's an actual being who is filtering out our sound so it won't contaminate what is otherwise a very beautiful harmony. In addition, the Angels of the Fourth Ray, the Ray of Purity, are busy with what we're generating, and if they weren't doing that, "we'd drown in our own garbage."

Iasos spoke of three tools to help purify the individual. A transmuting violet flame also cleans up karma. Before Iasos was able to support himself as a musician, he worked as a waiter and says that he hated it. The vibration locked him in until he used the transmuting violet flame. Then he got fired. That cleared up his karma and he knew he'd never have to work as a waiter again.

The second tool is a filter to keep external impurities from polluting your aura, a way to keep the enemy from coming in. This is called the Tube of Light, or the Protective Pillar of Light. He suggests that you can visualize a pillar coming down around you so you're in the middle of it.

The third tool is reprogramming yourself to form the habit of sending out only harmony; i.e., to keep from generating enemies from within. Iasos emphasized that "in trying to change your thoughts and feelings, the most important is your feelings."

Iasos described the subconscious mind as a powerful, yet incredibly gullible computer. It takes in whatever you feed it and that's what it gives out. Discrimination comes from paying attention to what you allow to come into your reality. "When you pay attention to something, there is a beam of your life-force going out to that object. You are energizing it, and creating a bridge so that the energies from that object upon which your attention is focused are coming into your aura. So it's very important to monitor your attention; "pay attention to your attention."

Iasos's music is intended to familiarize people with the incredible range of harmonious emotion. His music generates "a sense of multiple depth" and is intended to be experienced through stereo headphones. A characteristic of higher consciousness is simultaneous multiple perspective, i.e., being aware of many different levels at the same time. "The subjective oral equivalent is having different senses of depth simultaneously, like close, farther, much farther and infinitely far coexisting and being aware of all of them." The trick is to produce this without the layers covering each other, and that's why the stereo headphones are necessary, to trigger "three-dimensional holograms in consciousness." Depending on your own vibration, though, Iasos says it can create four-dimensions and above, too.

Speakers don't work because all the sounds go through both ears. With the headphones you get separation, very precise stereo localization of sound. "Subjectively you see that it is exactly here or exactly there, it doesn't blur the stereo image. And through the resonance with patterns in it, it tends to induce higher octaval experience. So what I'm trying to do is just create and make available music that is saturated with perfection patterns; music that people know they can count on for good vibes, harmonious energy, no negativity at all."

Iasos described negative emotions as having a slow vibration, and absolute fear as having none. The negative emotions are therefore limited in range, but the positive have a frequency that rises to infinity. One way to create inner harmony is to fill yourself with the patterns of harmonious music, and when you reach that place of sending out only harmonious thoughts and feelings, you'll never need to be healed. Your harmony will attract harmony, and the ability to maintain uninterrupted harmony is a criteria for graduating from this dimension, according to Iasos. In a sentence: "Nothing in life is so important that it deserves to have you break your harmony."

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SOUND

# Male

What is the sound of male energy running? Probably the same sound as one hand clapping? But if you have a wild imagination, you might hear it as the low roar of a Harley-Davidson motorcycle, or perhaps a continuous replay of Ravel's "Bolero", or maybe the first four notes of Beethoven's Fifth Symphony: da-da-da-dum!

Did you ever notice how composers portray male energy in movie soundtracks? Whether it be a Western, a spy-thriller, or a cartoon, the appearance of the strong, fearless male element usually brings a rumble of the bass strings, a beating of drums, and, for added effect, the clash of symbols. It's called " music to represent male energy." Can you be amused?

One difference between male energy and female energy is the vibratory rate: male, low; female, high. Low vibratory sounds are bass sounds like those made by the saxophone, tuba, bass guitar, drums, etc. High vibratory sounds might come from the violin, clarinet, flute and harp.

Soundtrack composers are psychic. They know if they accompany an entrance by James Bond with a dainty flute minuet it won't wash. They have to match the character with the vibration. For 007, this means matching all the music with the concepts of great virility. (Bring on the male fanfare, if you will.)

Just as the soundtrack can change the energy of a movie, so can music and sounds change, or effect, the energy of the male body. Why do we listen to a certain kind of music? Usually, to fit a mood or energy. Or sometimes we want music to heal us.

You can get a healing from music. It's called matching enthusiasm. You also can say "hello" to your own male energy vibration by listening to music or sounds that match that lower vibration. Search around. Besides Beethoven and the Rolling Stones, maybe you'll come across a neat "sound effects" record of drag racing. ☆

-Phil Cullinen


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A Harley-Davidson

A Baby's Cry

# Female

Recently, another psychic and I were doing a psychic healing at the Women's Healing Center. We were in trance, when all of a sudden, a dog began to wail. Pop! All of us came out of trance, stopped the healing, and became guilty females. Oh dear! We had to do something for that poor dog!

This is a perfect example of what happens to women when they hear a sound of distress: a child (or an animal) cries, a person sitting next to you heaves a great sigh, an ambulance speeds by... immediately, the female body responds with guilt and responsiblity. Oh, something is wrong, I must fix it!

Women have an ability to match another's energy in the blink of an eye. Any sound from an outside source which indicates an emotion, whether positive or negative, elicits an instant response. When someone laughs with delight, you may get a warm glow or feel like giggling yourself. When someone cries, especially a baby or a child, you begin to respond to that energy in your space.

This response to a sound is your baby-making machinery turning on. Your nurturing energy goes into high gear, and you begin to use it to heal or validate another. It's amusing how easy it is for a woman to use this energy for everyone but herself. When you learn to control this response, or become more selective about it, you give yourself an opportunity to heal and validate yourself as well as others. But chances are, your body will continue to respond to a sound first, then you can say hello to it and control your reaction. It's part of being female!

I once had a roommate who had her own special method of healing herself. She often got other people's energy in her space, and so had a lot of illnesses. She would take to her bed, and moan and wail with great enthusiasm. When I responded in typical nurturing female fashion, she explained that I didn't need to help; she was enjoying her misery, and making a lot of noise enabled her to clear the energy out, and find a space of amusement again. I heard what she said, but I still had to get out of the house.

So next time you hear a baby cry, or a child laugh, or a person sigh, stop and say hello to your female body. See how it is responding, what it wants to do. Learn to know your automatic responses to sound, and find your own female space. ☆

-Barbara Parkinson

*(Barbara Parkinson is the director of the Woman's Healing Center at 1339 Lincoln Ave., San Rafael. She teaches classes and counsels women on female energy. Phil Cullinen is the director of the Berkeley Psychic Institute of Palo alto, 113 University Ave., Palo Alto.)*

# The Sound of Past Life Pain

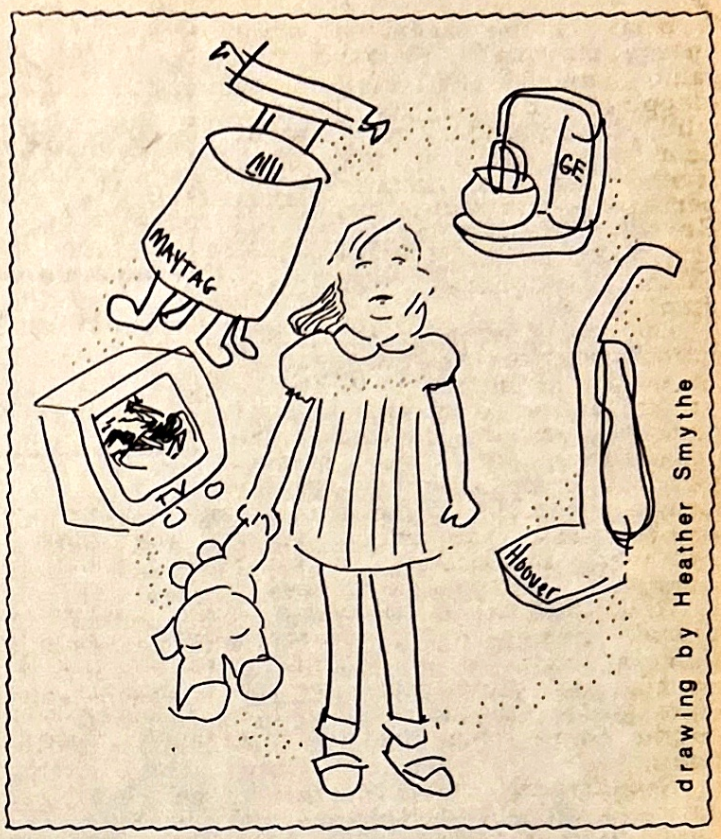
by Shelley Hodgen

Several months ago as I was riding in the car with the Editor of Psychic Life Magazine, she casually mentioned that the next issue was going to be on sound in relationship to psychics. She suggested that I might like to write an article on sound and healing. Well I was very intrigued. I have been a psychic healer for years and enjoy looking at anything having to do with healing. But I also noticed that my body had another reaction - it went into pain. The next few days I meditated on sound and healing and each time I tried to look at what sounds were healing to my body, I would feel uncomfortable and anxious. Not liking pain, I decided I was just too busy and I would think about it later.

Later came and went and I decided that I couldn't think of anything to say about sound and healing. I knew that certain sounds were healing to my body. Sounds like music, or the ocean, or people laughing, or trains passing in the night. Different sounds that soothed my body, made me feel safe, or put me into enthusiasm. I knew that I would sometimes consciously pick different sounds to listen to, to change my mood or energy, but if I thought about it much more than that, I would again start to feel uncomfortable and anxious.

This process went on for quite awhile and finally one day, months after my conversation in the car, I began to get some answers for myself. I was getting a psychic reading from a friend of mine who is a clairvoyant, and she suddenly asked me if different noises and sounds were annoying and painful to me. As she said "hello" to a problem I had been avoiding for months I began to learn a lot about myself and sounds. I remembered that even as a child I had always been very sensitive to noise - especially loud noises. I've always been a light sleeper and the slightest noise would wake me up - feeling anxious. A lot of different sounds would cause me to become tense, anxious, and upset. Many times the only way to heal myself would be to physically remove myself from the noise. Not always an easy thing to do. I became aware of how very sensitive I was to sounds and how much effect they have on me.

All this passed through my mind as my friend began to look on a clairvoyant level at the mental image pictures around my body to see why sounds were causing me pain and anxiety. The pictures she saw were from a past life when I lost my body in a loud explosion during a war. The combination of the loud noise and losing my body created an association in this lifetime between loud noise and pain. As soon as I became aware of these pictures in my aura I began using some of the healing techniques I had learned. I began to let go of all that old pain that I had been carrying around for lifetimes.



drawing by Heather Smythe

The effects of this healing were immediate. First I got back my amusement about sound. It seemed amusing to look back on all the months I had avoided looking at my problem of sound and pain. All my friends are clairvoyants, and yet I had never sat down and asked any questions about it. The next step in my healing process was to forgive myself for creating this problem and then I really began to enjoy the effects of the healing. I don't even notice many of the noises that used to bother me. I sleep much better, and a whole new world of sound has opened up for me. I can even hear me laughing at myself. ☆

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SOUND

# Shaker's Loop

## A MUSICAL PRAYER

*Rev. Susan Mayclin-Stephenson, our guest writer, wrote this article at Davies Symphony Hall, listening to the San Francisco Symphony. Susan is sitting in the cheapest and, for a psychic, the best seats in the house -- just behind and above the orchestra -- face to face with the conductor. It's the best place to watch the energy of the musicians and the audience, the communication between the conductor and the orchestra and the way he sets and controls the energy.*

The piece is "Shaker Loops" by a modern San Francisco composer John Adams, who grew up near a Shaker community in New Hampshire. These communal Christians had colonies in the Eastern United States and were famous for the ecstatic physical shaking and trembling that characterized their religious ceremonies. As I see it, a group-agreement trance medium happening. A trance medium is a person who leaves his body and allows another being to occupy it. It happens for many different reasons and watching it happen to a group is fascinating.

The music begins as a soft, gentle humming of bees. Only the string instruments are used in this piece -- almost 60 violins, cellos, violas and bases. The "tremolo" style of playing on the strings producing the shaking effect.

As a trance medium leaves the body there is often a gradual revving up of energy to a higher level that can produce shaking or trembling. As the music continues, it follows this pattern from a subtle rhythm to a loud, hypnotising, fearful sound. The energy becomes dark and the pictures are of early, primitive man. I sense the energy around the first discovery of music as an escape from boredom and apathy. The first pounding on a hollow log or the rhythmical twang made by plucking a string of animal sinew -- that trancelike escorting of the being out of the body to the world of spirit where anything is possible, exciting, the astral world of dreams and freedom.

This answers questions I have had lately about why some people seem to like and need loud, pounding "music" and why I hate it so much. One of the things I see is that many people use this aid of sound to help them escape the physical world to the excitement of the imagination or astral world. I resist this invasion of sound because I am learning that it is only possible for me to grow and advance as spirit in a body and I prefer to stay here as much as possible, creating enthusiasm and excitement in my body.

As the first movement comes to its completion, seven minutes of shaking becoming almost violent at the end, the energy changes. I see the group of shakers having an agreement to leave their bodies and travel as a group of spirits. Some of them have been together for many lifetimes and some just match the energy and go along for the trip. As I look at the audience I see the same thing. In the room there are those who are matching the energy and those who are not-- the difference between "getting into" the music and wishing one were somewhere else. (It's fun to be just in neutral, watching.)

In the second movement the music becomes softer, gentle and haunting. The colors are pink, blue and white -- a fantasy beginning as the spirits collect as a group and begin their travels. The colors and the music blend and become vague like a gray landscape. Now there is a change again as colors and pictures become more clear and distinct. The beings are exploring together -- past, future and other universes; childhood nostalgia, romance and healing. The main color in the room is orange and it seems to be a time of healing for anyone in the room who can match the energy.

Another change, the music becomes louder and faster, the colors deep reds and blues, pictures of sensuality, power and anger; struggles and groups of people at war. The music comes to its climax in this third movement and one gets the feeling that the group has accomplished what it has set out to do. It has fulfilled the need for freedom, excitement and enthusiasm.

In the last part of "Shaker Loops" the color is green, the color of growth. As spirit, the group has taken a step up and now begins to re-enter the bodies. As in the beginning, the instruments sound like the humming of bees, hypnotising the body, raising the energy level as the spirit re-enters. Interesting - the effect sound and music has on the physical body.

I'm not the only one looking at the energy. In the symphony magazine the previewer ends his otherwise very technical musical review of this piece, "I like to think of these final disembodied 'spirit' shakings as some kind of evocation of the heavenly music the shakers could never have made in this life."

Something funny is happening here at the end of the piece. At this moment images of the modern world are flying over the orchestra--trains, crime, ugliness-- it looks like a warning mixed with a little fear. I see what it is. The energy is red changing to white. It is the programing necessary for these free spirits to exist in the tedious, self-sacrificing and bored bodies of the shaker community -- the lie that giving up pleasures of the flesh will help one to grow spiritually. How amusing. ☆

*(Rev. Susan Mayclin-Stephenson is a Montesorri teacher, musician, painter, mother of three, and a very capable psychic. Susan says her latest interest is writing. She lived extensively in Europe and South America and has traveled around the world, she has a world of experience to write about. ...editor.)*

Jingle Bells
Jingle Bells
Jingle Bells

SOUND

# PAUL WINTER

# SUN SINGER

by Cathy Langlois

*"To him whose elastic and vigorous thought keeps pace with the sun, the day is a perpetual morning. It matters not what the clocks say or the attitudes and the labor of men. Morning is when... there is a dawn in me."*

*-Henry David Thoreau*

A silhouette framed by a golden light and the solitary sound of a soprano saxophone; that was the introduction to a music experience presented by Paul Winter and friends at Grace Cathedral October 14 & 15 called Sun Singer. It was also the premiere of the new music suite inspired by the sun and the release of the album by the same name recorded in the natural accoustics of the world's largest Gothic cathedral, St. John the Divine, in New York.

I was fortunate enough to attend this performance by Paul Winter - soprano saxophone, Paul Halley - pipe organ and piano, Glen Veley - percussion and a special performance by the Occidental Community Choir.

I noticed a man leaning from the back balcony of the Gothic Grace Cathedral casually observing the crowd of approximately 1,000 people, but until the lights went down and the haunting melody started, I didn't realize that Paul Winter himself was the observer.

From the first note it was clear that this was an experience of sound, not just a concert. The audience wasn't a crowd jaded by extravagant rock-n-roll shows, but those who had come to enjoy sensitive listening and the vision of the Living Music Society, a non-profit, tax-exempt foundation which sponsored the concert and which is "...dedicated to exploring and implementing ways in which music can enhance the lives of human beings and awaken a spirit of involvement in the preservation of wildlife and the natural environment of the Earth."

Paul Siebert, who also attended the concert, made this observation about his experience there: "I couldn't tell that he was behind us playing at first because I felt surrounded by the sound... It was like someone playing music but wanting to be anonymous. He wasn't really interested in being the "star" or promoting himself. It seemed he was more interested in presenting the gift of his music. Even there not being a pre-program but just a post-program was because he didn't want people to be intellectualizing the music and flipping through a program, he just wanted them to experience it."

The first three pieces performed from Sun Singer left those of us in the audience reluctant to break the mood even for applause. The lighting effects; starting with purple and red then to pink, orange and gold, the colors of the Grand Canyon sunrise that inspired the Sun Singer Suite, worked well to enhance the audio re-creation of it. Together they formed the mood of warmth and peace of the sun in all of us.

Unlike many concerts and types of music, his is expressing the joy of being a spirit in a body on Earth. His beginning suite started a reconnection for the majority of the audience as a part of the body, earth and the spirit, sun together.

As Paul put it, "As the suite progressed, people were able to put aside all their problems, petty differences, and likes or dislikes about the strange people sitting next to them and just enjoy being there with everyone else enjoying the music."

He truly does provide the atmosphere of a Commonground (title of one of his albums), that place where we can all meet and communicate with each other. This unity was never more evident than after the song "Wolf Eyes" during which a recording of Timber Wolf calls was played. At the end of the song (and after a plug for a new movie based on a book by Farley Mowat called NEVER CRY WOLF intended to dispel mythical fears about them) he asked, "When was the last time you had a good howl?" And a chorus broke out from the crowd.

It was the freedom of childhood, imitating your favorite animal and the pure, raw joy of just making sound. The howling would grow and intensify as each person found more freedom to express, the die down, and again another howl would go out and we'd all answer as a pack of wolves would communicate. Paul Winter was laughing in some amazement as it seemed we'd never stop.

Paul Siebert: "It had been so long ago that I'd done anything like that, that I had a hard time releasing my voice from the confines of language."

To break out of the confines of what sound is supposed to be and return it to the free form of nature's sound is the premise behind much of his music and his homemade musical workshops. Always there's the connection with all beings on the planet and a celebration of the sharing communication with them. This was reflected in the variey of sounds each artist performed on his instruments.

Paul Halley was particularly effective on the songs where the intense vibrations of the notes of the pipe organ made you feel the power and the majesty of the sun. The delicate strength of his piano was a constant flow and support in many of the pieces moved only by an occasional buzz in the

speakers.

Glen Veley produced sounds I didn't think possible on an 18 inch drum called a Pandereta from central Spain. A strange rythmic buzzing and undulating humming called forth visions from Egypt and worship of Ra to the Aztec God of the Sun.

The Occidental Community Choir at first seemed to come from nowhere. The reverberation bouncing off the walls was just a few seconds behind the actual sound so that it gave the illusion that the sound was omnidirectional. This made the voices of the choir seem to be disembodied and coming from everywhere.

They were the perfect vocal support for especially Big Ben's Bolero, where their voices mimicked the sound of chimes. Here was an original rendition of a very familiar sound, that of the chimes of Big Ben made new and fresh again.

The only weak point in their otherwise superb performance was doing the Gregorian chant from the back of the cathedral. The accoustics were better suited for performance from the front and the reverberation often ran the notes together, losing the focus of sound.

The most moving piece for me was The Belly of the Whale, an improvisation with a recorded Orca whale song. Mr. Winter suggested that the ribs of the Cathedral be imagined as the inside of a whale, and the sea-green blue lights on the pillars and a shimmering pattern on the ceiling took us all into the depths of the ocean with the sunlight reflecting on the water above us (shades of Jonah and Pinnochio!). As the vibration of the music (again the intensity of the pipe organ) was building, I could actually feel the sensation of pressure on my skin much like that of diving deep into the water.

After more than 2 1/4 hours during what I thought was the final song, Paul Winter did a solo version of the Sun Singer theme. Dressed in a gold shirt with a gold soprano saxophone, the warmth and gentle peace of the evening was again present as he slowly backed down the aisle, playing with his eyes closed. I couldn't help but be reminded of the Pied Piper; but rather than have us follow him, he was inviting us to join him in play and in joy as spirits on this Earth.

And still he gave more with the finale Icarus, the theme of the Paul Winter Concert. It was a light-hearted, uplifting song that lessened the sadness of the separation from this adventure in sound we had shared together. It was his statement that the concert is ending but the music of the Earth and Sun goes on in all of us. ☆

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SOUND

# Heal With Human Sound

with Susan Hull Bostwick and Sabina Krumpe

(This is the story of a San Francisco Bay Area psychic whose unique experience of the human sound covers 32 of her 40 years as a singer on the professional stage or in amateur community theatre and this writer, a psychic who also likes to make sounds. As Sabina Krumpe and I talked, we discovered we had a common ground in our experiences with sound, and a place where divergent careers did not exist and we could share an appreciation for the healing qualities of the human voice. Here is our discussion. ...editor.)

SABINA

I have always found it easier to sing about all the things I had difficulty talking about. Somewhere in my musical training was the programming that it was more neutral or "safe" to sing about something that I felt strongly about than to talk about it. I think, now that that was a lie.

EDITOR

I am a shower singer, or even more accurately a car singer. I can sing my heart out in the car when I am alone and nobody has to hear my troubles or problems. It is a real pleasure to find a secret and safe place to let that kind of sound be released.

SABINA

That's a healing level of singing. There is a difference between communication and just singing. I am finding myself singing literally from the 'off the top of my head.' I can bring the sound through the top of my head and through the energy centers in the heart and the abdomen. It's like experiencing prana energy (breath) manifesting directly into the creation of tone or sound.

EDITOR

I have found it very healing to sit in my car sing that song from Sound of Music, "Do a Deer"... and I can feel all the energy centers start to clean out as I go through the scale. My kids join in and somehow it is very safe for me to be singing at the top of my voice to a children's song with children. I was an elementary school teacher for years and I always found some comfort in singing children's songs with gusto and emotion. I can't do that with 'I Left My Heart in San Francisco.'

SABINA

Words are really very unimportant. You can always connect with someone through sounds. I find that singing, making a sound with my voice, is a clear communication from me to me. A total healing. My Kundalini energy (the energy 'heat' from the base of the spine to the top of the head) turns on and people who are listening get a healing. Singing a High A produces a touching off of the Kundalini Energy and starts the healing process for me. I am discovering more about how to use sound to heal the energy centers (chakras) in the body. I am unfolding for myself how my tones and my sounds heal. I have always been aware that it happens to myself and to others who listen to me, but I have not exactly pin-pointed how.

EDITOR

I have begun to play in my car with sound only in the past few years since beginning to find more awareness of other people's energy in my space. In driving to work I usually feel fine when I get in the car. Halfway down the road I am filled with grief. I can get teary and know that that energy isn't mine. Then, since I'm driving some place and its difficult to just stop and meditate for an hour, I start making a sound. Usually it is low and gutteral and bluesy. I feel like I want to hear some Bessie Smith song. As I move through it, (I don't even have any words, just sound) I get up and out of it, like all the grief passes through me. Then I feel like singing a brighter song.

SABINA

I see that as approaching a "hello" sound. Communication is two ways. It's really difficult to say "hello" in a sound if you are becoming someone else's energy of grief or whatever. I'm looking at singing as a way to communicate without becoming involved in someone else's energy. Using the voice and being healed in neutral. I want to be able to present a "hello" to the universe from an individual space. We share common experiences, but we need to say hello from a separate space, recognizing that there is commonality, without becoming each others energy.

EDITOR

Chanting has been like that for me. I was involved in Steve Gaskin's Monday Night Class in San Francisco more than 10 years ago and we would sit cross-legged on the floor and OHM, AUM and do it from so many octave levels. I would feel so much of my neighbor's ohm that I would become sick. I also did some Sufi chanting and experienced the same queasy stomach and a headache. I wanted to get out of that chant as fast as possible. Then I became well again.

SABINA

That particular aum sound gets me out of my body. And there I am with no communication. All that is really happening is a group of people leaving their bodies together and feeling each other's energy. It is a misconception of what communication really is. That trance level, out of body experience with a group, totally destroys communication. No one is really saying anything to anyone.

I think that I am really approaching a good hard look at what I have been doing since I started singing at the age of three. I know what I was doing as a body. But what have I been doing as a being? What I am aware of is that the creative beingness space is the most tremendous space there is. I am getting to own my beingness and my ability to manifest it this lifetime. Singing is a major part of this body's experience with creative beingness.

EDITOR

I have always been attracted to wordless sound. I participated in a sort of teachers' workshop of Karl Orff's method of teaching music to children. You know, they teach teacher's school how to teach to children, but we don't have to know anything ourselves. Pretty funny. But, I got really turned onto not having to memorize notes and words. I can never remember the words to songs. So we were able to make the sound of the rhythm of our names or the heartbeat. It was so exciting just to clap my own personal signature, so to speak. Or to say it in nonesense my signature sounded so pretty and individual. And so did everyone else's.

SABINA

I traveled in foreign countries where I couldn't speak a word of the language and I could get up and sing and people would know exactly what I was singing about. My singing would break all the barriers and I made freinds. I was healing them. They would come up and tell me that they had been healed. We all knew what each other meant.

EDITOR

What happens to me when I can't make a "nice" sound? Sometimes I can only squeak or make awful sounds that seem all out of kilter to where I want to be. If I want to sing a song, I get all out of tune.

SABINA

Who's in your space. What energy is affecting you? I think that most unpleasant sound, that is sound that is unpleasant to the maker of the sound is a result of a negative energy in the body, holding you up or taking up space.

You'd be surprised how many sounds a person can make that sound very good to that person and is discordant to the listener. Some people who make off key sounds are being healed by their sound. To the listener it can sometimes even create a problem listening. I think there is a part of the listener that exists in the balance mechanism of the ear that tries to make all sound be resolved, as if sound creates a problem. Like the happy ending to the story.

There is the other side of the coin, too.

Those who are "tone deaf" (there are literally a miniscule number of truly tone deaf persons) may be correctly hearing the tone they want to make, but cannot mimic the tone. Or the problem may be in not hearing the tone in the first place. They cannot translate it or reproduce it. I think that's when a person has someone else's energy in the creative channels of the fifth chakra and the ear mechanisms, holding them back.

Clearing other people's energy out of your singing channels is a great healing. It doesn't matter what sound you have to make to do that. It can often be unpleasant to a listener. That's OK.

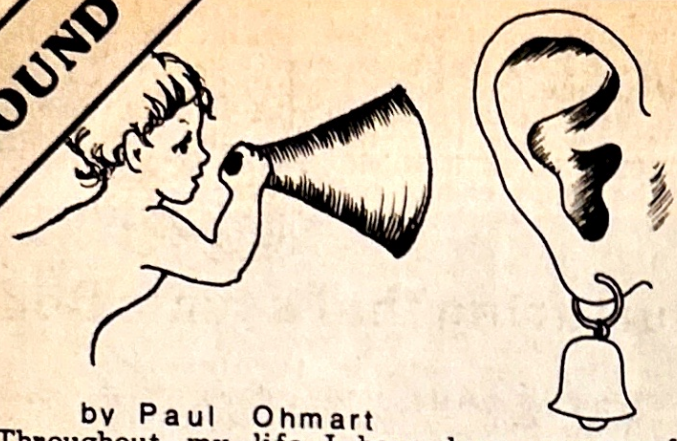
We have to work on our power center. That is the third chakra at the solar plexis in the stomach area. It is the whole musculature, lungs, diaphram, that is the resource for the singer. That's where many people get stuck. When someone is singing from their throat or the fifth chakra, they are having problem in the power center. You can hear it. There is effort in the voice and the throat is too involved.

The object is to let the throat be an open channel for breath to pass through the vocal cords. ☆

*(Sabina Krumpe was formerly producer of the San Francisco stage musical "Godspell" and is currently Director of Choirs for the Church of Divine Man. She conducts vocal workshops to teach beginners how to heal the singing channels and have fun with sound. ...editor.)*

Photos of Sabina Krumpe by Phil Cullinen

SOUND



A Communication with Spirit

# Ringing in the Ears

by Paul Ohmart

Throughout my life I have been aware of hearing a very high-pitched tone often refered to as a "ringing in the ears." It would only last for a few minutes and occurred at irregular intervals, never often enough to be a big problem though. From conversations with other people I suspect that this ringing is experienced by just about everyone. I have encountered many explanations for this but none of them seemed to be better than the others or to give me anything to do about it.

One day while at the Berkeley Psychic Institute I was standing in the hallway when I became aware of the energy of another being coming into my space. The energy was in the shape of an oval ball and was generally whiteish in color. It came down from about three feet above my head on the right side and when it entered my aura I could feel the entire right side of my body change. In two or three seconds it reached my head and when it got to my ears, I heard, very clearly and distinctly, that old familiar high-pitched ringing in the right ear. I then grounded the being, and as I moved it out of my space, the ringing noise decreased and then stopped.

What had happened was that another being, one without a body, was trying to communicate with me. Some beings are very capable and have had lots of previous experience with bodies (their own or others). These beings generally plug into the back of my fifth chakra, at the base of the throat, and through there they are able to communicate with me very clearly on a clairaudiant level. This one was not familiar with this way of doing things and tried to vibrate parts of my right ear so that I could hear what it was saying.

Since that time I have had several experiences that were very much the same. Sometimes the being stands off away from my body and puts a line of energy, or cord, into the area of my ear. This also causes the ringing but doesn't feel so uncomfortable as having them come right into my body.

The frequency, or rate of vibration, of a spirit is very high in relation to that of a body. I hear different pitched tones for different beings, but even the ones that are the lowest in pitch are vibrating so high that my ears are barely able to register the sound.

At this point you might ask why a being is trying to tell you something, especially one without a body of it's own. There are as many explanations for this as there are occurrences of it. Sometimes the communication comes from one of the spirit guides that a person has. In this case there is an agreement for a communication to take place, but the spirit guide is confused about how to do it. When this happens to me I communicate with the guide, telling it to use the fifth chakra or just talk with me on a being-to-being level, not going through the body at all. Other beings are interested in a particular type of energy, and when they see someone who is dealing with that energy in some way, they get into communication with that person to exchange information about it. Then there is the type of being who doesn't have a body of its own and wants to experience what it is like to be one. These beings have many ways of trying to get experience from someone else's body (see Psychic Life Vol. 2 No. 4, Special Issue on Trance Mediums!) and plugging into someone's ear may be their way of trying to get some level of body experience.

Sometimes the problem of having another being affecting your hearing can become extreme. I recently heard a story about a man who got a ringing in his ears around the age of 18. It stayed with him constantly and his whole life came to revolve around it. He became an alcoholic, couldn't work, etc. the and was not able to get any relief until he was in his early forties. Some doctors fixed him up with a device that constantly emitted "white noise," a sound similar to static. This noise drowned out the high pitched sound he had lived with for over 20 years and gave him a great deal of relief. He was said to have been very happy to be rid of the ringing. The only problem was that he had to wear this device all the time and so was effectively deaf. Not so much different from smashing your finger with a hammer to take care of your headache.

For those of you who may have experienced this ringing in the ears, if its not a problem or something that bothers you, don't worry about it. We interact with other spirits in many other ways and there is no reason to be afraid of or go into resistance to this particular one. If you do have a problem on this level I would recommend getting a clairvoyant reading in order to get the beings out of your ears. Better yet, communicate with the being yourself. Say "hello" and ask it to leave your space. If you are interested in what it has to say, ask for that information from outside your aura. This communication can end the cycle and it can be a healing to your ears.

*(Paul Ohmart is training psychics to use their clairvoyant abilities. He recommends a class at the Berkeley Psychic Institute for those interested in healing the energy around their ears. ...editor.)*

# Food for Psychics

## Nurturing the Psychic Body

by Michael Kolack

Hello all you budding psychics! What's a "Psychic Body" you ask? Well O.K., lets play the word game for a bit. Webster says: "psychic a. pert. to soul, spirit or mind; spiritualistic. Psychic n. one sensitive to spiritualistic forces. from the Greek psyche n. the soul personified; the principle of life". The psychologist ignores the spirit part; as a psychic, this is the important part. In other words, any body that is alive is a psychic body.

How do you nourish this "temple of the Spirit"? To nourish, in the broadest sense, you have to be a friend to your body. A friend is someone you talk to and listen to, someone you laugh with and cry with, eat and drink with. Friends allow each other to make mistakes and grow together from them. Friends don't expect each other to be perfect, in fact, they enjoy each others imperfections. They help each other grow and change.

The body is incredible. It has all the information necessary to keep it healthy and happy. All you, as spirit, have to do is learn to listen. The language of the body is simple, in fact it is child-like. It is emotional. If the body is not getting what it wants or needs, it may pout, throw a tantrum, or get sick. Sometimes you have to communicate to your friend as a child. Start with a Hello! Are you expecting too much from your friend? Are you forgetting that your friend has to deal with time and space and so grows and changes more slowly?

It's that simple. Hello Body, I love You!

Body talk is not intellectual. It is a kindergarten language. It's fun and games, naps and cookies and milk, singing and dancing.

Are you trying to give your body Bach and Modern Jazz when it wants lullabys and nursery rhymes? Maybe this is what Jesus meant when he said "To find the kingdom of Heaven within you, you must come as a little child".

As you grow and change as spirit your friend, the body may need help to keep up with you. As you heal yourself as spirit, don't forget to heal yourself as a body. When you bring more of your own energy into the body, it may need help to handle that energy. It's a time of growth and change for the body too. At these times it is even more important to listen to the body. What does it want to make this growth easier?

Growth and change make the psychic body even more sensitive to energy. A time to listen even closer to what it wants and needs to handle that energy. This is when you give to the body. Sleep, exercise and play are important. More important is the right food. Good food is a healing for the body.

As you open up psychically, listen to what your body is craving. Does it ask for more meat, eggs or dairy products. Maybe it wants more protein. Or is it the B vitamins in these foods. B complex and C are antistress vitamins. How about fruits, vegetables and nuts. Maybe magnesium, an antistress mineral. And calcium, nature's tranquilizer. Calcium may also help those "growing pains" your body may experience as the energy changes. Or, the one that's an inside joke among psychics, chocolate. It may not be the sugar, it may be the lecithin; brain food that's added to chocolate to make it smooth and creamy.

And sometimes your body may say, "Take me out for pizza and beer! I need fun food." Yes, it's OK to enjoy your body too.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White Rose School
515 Saratoga Ave. #1
Santa Clara, Ca. 95050
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by Jason Hyatt

The central offices of Werner Erhard and Associates, known as est, are in a 7-story white building covering most of a block on California street in San Francisco. There, in a large room carved into offices with fabric-covered room dividers, I met with Nancy Foushee, in charge of media relations for est for a number of years.

I thought I would feel a homecoming since I had spent a lot of time a few years ago with est as a participant and an assistant (volunteer), but I didn't. Nancy, in my impression, related to me not differently than she might if I was from channel whatever TV--as is her job.

Q. What is different about est than (other) disciplines or methods?

A. ...the question isn't even relevant, it's like saying how is est and baseball different... I don't think that us and other groups... are really anything alike, although I can't speak to it directly because I don't know about other things directly.

Q. ...

A. ...I say that the est training is a philosophical inquiry into what it means to be a human being, that its principal topics are knowing, being, and reality... you come out with a stronger sense of who you are... so priests, technicians, writers say they're more empowered, (though) it's not about writing, technology, or religion.

Q. What are the organization's goals?

A. The overall goal for the entire organization is the same as it's always been; to contribute to a world that works for everyone. It's to find programs, methods, anything that would work to empower people.... Werner does not intend to train four billion people (I believe this is speaking to the idea of some that it would be necessary for every single person in the world to take est training--author), but we would like to have a world that works for everyone by having people and groups and organizations be empowered to deliver on their promise.

Q. Does he (Werner) do work on a spiritual level when he does those (large events attended by thousands)?

A. No. Closest thing is a philosophical dialogue... what he does more than anything is ask questions. He never gives answers.

Q. I would say he points at some.

A. Yes.

Q. Is love used (as a technique)?

A. Remember ...a trainer in front of the room who asked a lot of questions to get you to examine the assumptions, opinions, points of view ...that you have in your life. If you call that love, if you call inquiry into the nature of your life love, then yes, but it's not (that) love is the way it's done.

Q. Is healing done?

A. No.

Q. Are students taught to heal themselves (or others)?

A. No.

Q. People used to say "things just work around me." That might be a form of...

A. Healing? ...This is not official at all. I think there is a space when your life begins to work for yourself it seems to contribute to the life of people around you... Intention is almost the most non-concrete word that I can use about the training. In life the results I produce are a result of the things I make happen, the phone calls I make... there's nothing airy-fairy, cosmic, anything about the results I produce, however the intention I bring to my results makes a contribution... One of the things that gets me up every day is this commitment and intention to produce the results in the world...

# est

Q. Is it accurate to say that part of your intention is having a world that works for everyone...?

A. Right. My intention is a world that works for everyone.

A. What's frustrating to me... we're not talking about what we do here. Your questions are not about the work that we do. I've read about people... who do spiritual teaching, and these questions I can tell... would more apply in that domain. But I'm not sure they very much apply here because that is not what we do.

Q. (Do you do) programming or deprogramming?

A. No, not at all. ...What I think Erhard did when he put this technology together is find a way to ask questions and point the participants into looking at assumptions, that they have make in their life that may have kept them in place in terms of their power, integrity, ability, creativity and stuff. I remember in my training there was this one guy who stood up to share, 'I'm a failure in my life. I was the youngest child in my family and the reason I'm a failure is because I was the youngest and was never allowed to grow up.' And the trainer in my training said 'So is that true?' And the guy then started

to look and discovered that was a story that he had made up to justify his failure in life and that very day he said (I've known him ever since) his life turned around because he discovered that he had these assumptions, he operated his life out of the assumption that he would never succeed because he was the youngest child. And I think that's what the training does for everybody... at some point it wakes them up to assumptions, points of view, stands, positions, and feelings they have had that they operated out of and didn't realize they were just opinions you know, that they have used them as beliefs or as fact rather than as opinion. And I think one of the things that happens in the training is people begin to separate what is so from their interpretation of things, so it's just like this wake up. I don't think people really change. I don't think it's change. I don't think that you change one belief system and have another. You don't change any behavior, but what you do is transform how you look at things. Before I took the training I was pretty much the sum total of my assumptions and opinions, my failures and justifications, and after I took the training I HAD all of those things and who I was was not those things.

One way Erhard describes it... is when you take the training you move from being a player in your life, someone on the stage, to being the author of it... the circumstances still occur to you, but somehow you feel like who you are is bigger than the circumstances, senior to.

Q. Could you say that you're finding who you are, that you're becoming aware of your 'being-ness'?

A. Yeah, on one hand, except the one thing I want to avoid and there's nothing wrong with the spiritual interpretation, or any, except that isn't precisely what it does and yet many people will say that that's what happens. You do have a stronger sense of who you are and what it is to be a human being, it's just when you separate yourself, I think this is my interpretation, from your assumptions and opinions, but it's not particularly about that kind of growth.

Q. So what happens is the individual makes a separation between themselves and their points of view, assumptions, beliefs?

A. Yeah, I would say a distinction. That there is some distinction. For instance, when I am upset, that I have all of the things that occur with an upset, and I am not upset. So it's a distinction between emotions, feelings, and who I am. Who I am is the context in which all the rest occurs. ...If I continue... I will be misleading you... you're trying to make a spiritual or holistic interpretation. There's nothing wrong with it, it's just a little bit off base. The est training is... just not in those terms."

Q. (Do people) get programmed?

A. I would absolutely, categorically deny that... I don't think there are any beliefs in the training...

Q. Are there one or more principles, philosophies, ideas, or concepts that you would care to say anything...

A. ...the main abstraction is that people's lives do matter, that they can make a difference... one of the goals... is that people discover that ability in themselves to make choices and make a difference ... another one is that who you are... could be said to be synonymous with your word, that your integrity, the stand you take in life, is... ultimately who you are, maybe not what your racket is, or your act...

Q. Plus that you're perfect (As being a fundamental principle)?

A. That's a notion. You have to have a platform. You have to proceed from somewhere...

Q. (regarding the written statement of the purpose of the est training)

A. ...it is truly about transforming your ability to create, to come from who you are...

Q. Could you say that the training empowers you to create?

A. That would be the most accurate.

Q. So we have a lot of different words here but I don't know if there's really a lot of difference.

A. Right.

(It was at this point, and really only at this point, that I felt we were in communication, or had found some common ground, I don't mean we weren't communicating right along--we both knew we weren't quite making it.)

Q. (Why doesn't the media do much on est?)

A. (Maybe they don't know how to, est is hard to pigeonhole.)

Q. Are you a church?

A. No

Q. How do you define, or what is, spirit or beingness?

A. I use... the dictionary. We don't talk

# Psychic Jason Hyatt, est Graduate, Intellectualizes est

about it particularly.

Q. Is clairvoyance taught or used?

A. No.

Q. How would you define transformation as it occurs in the est training?

A. ...I would define it as a shift from the paradigm or the way you view life... to where you are not it, you are the space in which it occurs, or a contextual shift. ...Its definitely not change.

Q. (Regarding the goals of the organization and its projects) is individual autonomy and freedom a part of that?

A. ...I've never heard a discussion about it. There's no conflict about it certainly.

That was my interview with Nancy. Following are excerpts from an interview with Werner Erhard, founder of est, by members of the Center for the Study of New Religious Movements based at the Graduate Theological Union in Berkeley, California. The interview is contained in the forthcoming book, Spiritual Standards for New Age Groups and Therapies; Anthony, Ecker, and Wilber; Shambhala Publications, Inc., to be published Spring, 1984.

Werner: The training simply provides an opportunity for people to discover, or in some cases recover, their own natural ability to discriminate effectively between the different ways that you and I can know and can be. A person might find himself or herself operating in life as if they were obliged in some way

**What occurs is a shift in the epistemological domain.**

to respond to something which to them seems real. As they participate in the training, they may discover that this "something" is not a concrete reality at all but is only a memory--recent, distant, it doesn't matter, it's still just a memory. That discovery allows the person, to behave appropriately to the "something" rather than inappropriately to it. We call that "completing the experience." What occurs, simply, is a shift in the epistemological domain, from a place where there's no discrimination about something to a place where there is discrimination. What is known is not altered; the way it is known is altered.

(I wonder what happens when I become aware of a concept (some people call them "pictures") I have that I thought was the way it was, or the way I was, and it turns out to be just a concept or mental image once I become aware of it as such.)

John: What I'm trying to get at is your view of whether or not what people get from the training is somehow equivalent to what in Zen, for instance, would be called enlightenment.

Werner: Yes, it is. Yes.

John: It's equivalent. You could get that in two weekends?

Werner: I know that lots of people are infuriated by the suggestion that enlightenment is possible without long practice and great struggle. I consider the notion of the necessity of practice and struggle to be nothing more that a notion. It may be a notion borne out by lots of experience, but so was the notion that the earth is flat.

John: Would the training then be a substitute for any other spiritual practice?

Werner: No! That's craziness, that one thing substitutes for another. In the realm of enlightenment, there aren't any substitutions. That kind of mentality can't hold enlightenment.

John: Would there be any value, for example, in meditating and practicing--

Werner: One of our trainers is a Zen Buddhist. He goes away and spends long times sitting, meditating and practicing.

John: Why would he do that if he's done the training?

Werner: He would do that because he's done the training. Look, can't you hear what you're saying? You keep saying that one thing substitutes for another thing; your notions about enlightenment are all tied up with exclusivity and ideas about "one path" and "if this, then why that?" and ideas that there's someplace to get to.

...As to the discussion about the real nature of it, is it really enlightenment -- yes, it's really enlightenment. So is sitting in a room. Here. This is enlightenment. You think I'm just saying that. I actually mean it. You think that's some philosophy. It isn't. I think many enlightenment games are pointless because they're all about getting enlightened. Getting enlightened is a cheat, because the more you do of that, the more the message is that you aren't enlightened. Clearly, the practice is necessary. The practice of enlightenment is necessary, but it can be done from being enlightened, rather that getting enlightened. When you do the practice from being enlightened, then each one of the steps becomes a step in the expression of the enlightenment.

...If I call you an asshole in the context of your being enlightened, it enlightens you. If I call you an asshole to get you enlightened because you aren't enlightened, it endarkens you.

(I've noticed a difference between speaking to someone from a point of neutrality and speaking to them from the point of view that they have a problem. -author)

It's useful to distinguish between believing that something is so and its actually being so, because the belief in that thing which is so is totally different from its so-ness. As a matter of fact, the belief that something is so keeps you from experiencing its being so. It actually ceases to be so, because you've got a barrier between you and it; and the barrier is your belief that it's so. A belief in the truth is not the truth; yet the same thing, without the belief, is the truth.

I'll briefly describe a few parts of the est Training. The first part is designed to let people see that some of the things which they say they "know" to be true, they only believe to be true, and that there's a distinction between what you believe and what's true. The first day is designed to give people an opportunity to recognize that they have lots of pretense in their lives, and that they're pretending they don't. They're pretending, for instance, that their marriage works; or that they want to do the work they do; or that their life works, to say it in general terms, and then on top of all that, they're pretending that they're not pretending

at all.

In the first part of the second day, people see that there's a distinction between concepts about living and the experience of living, and they discover that they have not been experiencing life; they've been conceptualizing life.

For instance, people begin to observe that the idea, "I love my wife," is different from the experience, "I love my wife;" that for the most part, they live with the idea of something and very infrequently have the experience of it.

I want to tell you one thing that I think is kind of funny. I have a constitution that makes going to the bathroom not very important to me. I go to the bathroom about as often as anybody else does, except that if I'm doing something interesting, I just don't go. I was the only person who did the training in the beginning, so the sessions would go on forever, because I never felt like going to the bathroom. People were studying how I was doing the training, and they figured that this not going to the bathroom was a very important part of it. I mean, it's just so stupid, because it's literally that silly--people had those great theories about deprivation and whatnot. Nobody bothered to say, "Hey, Werner, what about going to the bathroom?" I'd have said, "Well, go if you've got to."

There's an automatic break every four hours now.

So you say, "But then, Werner, what's your motive, what the hell are you working all those hours for?" I'm not motivated. There isn't any motive. There's no damn vision motivating me. You know, if I stopped doing it tomorrow, it wouldn't make one bit of difference, and if I keep doing it right to the end, it won't make any difference. The only thing that's going to happen is what happens.

So I don't have a vision. I'm not selling some ideal. I don't know where I'm going. I know where I'm coming from.

I don't think The est Training is good. I don't think it's righteous, I don't think it's God's work. God is not talking to me personally any differently than She talks to everybody. You know, there's no great mission. Or, yes, there is a great mission, but it's the great mission everybody is on. We have no private access to the mission and no special knowledge about the mission.

Ultimately motivation is counterproductive, because inherent in it is the message that you're not. It teaches you that you're not, and it reinforces that you're not. Even achieving that towards which you were motivated just seals the fact that you're not.

I don't mean that we should throw all motivation out, because motivation is useful as an interim device, as something through which to go, something to master. But ultimately motivation is a true exercise of authoritarianism. Our whole society is based on it, and I say that people are not freed by the values of this society, or ennobled by them; they're dominated by them. I think it's pernicious to start with; you don't need to get to Jonestown. It's already pernicious. And nobody is really teaching anybody about the science and the technology and art of coming from.

(This reminds me of some of the ideas I have gotten from people such as valuing self-worth in terms of money and the things I need to do, be, and have before I can be judge OK--even by myself. -author)

In the context of succeeding, failure is contained; therefore, failure is not invalidating. Failure doesn't destroy anything. As a matter of fact, it forwards things. Errors are important. They're how you get there. Mistakes are the path.

(Hmmm. Maybe in a context of growth mistakes are amusing? -author)

I'll tell you the one thing that burns our people out. It's when they think they got it. It starts to happen at exactly that moment when they figure they have it made, they have it together, they understand it now. And it's so deadly, it's really sad. They may go on to be very successful, but their success never has the quality of making a difference again.

(I wonder if a person in this situation has outgrown kindergarden? -author)

John: Do they come out of it?

Werner: Some do. The jury's still out on some, and I think some won't. And you see, it's very clear to me that everybody will. So I'm now talking in that context. Maybe this time around, some won't, but ultimately we all will.

(Take the sentence "Transform humanity." It doesn't mean anything, and what exactly does transform mean?

Well, this is Psychic Life Magazine, let's say you do know what I mean, even including my own unresolved dichotomies about the whole issue. Then we have the problem that "transform" sounds like something you do, and that would at some point be done. But we're not talking about something you do, but that doesn't mean there's nothing to be done (unless there isn't), and in the context of Humanity Is Creating and Aware of It and So Am I, it is so now, and always has been although not always looking that way.

But then maybe tomorrow I'll forget, and what will I do tomorrow... -author)

Approximately 400,000 people have taken est training. The est organization has 40 or so offices world-wide run by 400 staff members assisted by 20,000 volunteers per month. The cost of the two-weekend training is $425 and information may be obtained by calling (415) 391-9911 and asking for the San Francisco Center.

**Failure doesn't destroy anything. As a matter of fact, it forwards things.**

*(Jason Hyatt was born and raised in Cleveland, Ohio. He likes to keep himself busy. Amongst his achievements are a BS and masters degree in Nuclear Physics. He has also completed the course work for his Ph.D. Jason is a graduate of est, the Berkeley Psychic Institute and has also been involved in Gurdjief, Actualization, Summit Light House and Rebirthing. He is currently trying out his skills as a freelance writer and enjoys writing for Psychic Life. Jason obtained some of this information from Network Review, an est publication. ...editor.)*

# 1984: Chaos Or Change?

by Robert Cole

Back in the 60's, when my teachers were studying astrological charts and other mind-expanding rituals, they gasped in horror and fright whene're they talked about the ominous year of 1984. Although no one really believed that the prophecies of George Orwell would come true, they were all convinced that the world would be run by computers in the technological tomorrowland of 1984. There were some who believed that Big Brother would rule the world by the time 1984 rolled around; but "who cared." The concensus of prophecy in those years was a united focus on the ecological disaster that was apparently coming to destroy the people on the planet starting in the year 1984. The utter terror of nuclear war and the rampaging destruction of nature seemed impossible to stop; they believed by 1984 much of the devastation would have already begun.

It's easy to understand the reasons why such powerful visions of apocalypse can arise from the astrological symbols for 1984 because of the emphasis on Capricorn and Scorpio. In the Tarot deck of corresponding symbolisms, Scorpio is pictured as the Smiling Skeleton and Capricorn is pictured as the Devil. No wonder there have been so many aspersions cast upon this time in history...this time which you and I are facing right now.

Since the future is something which we create, it behooves us to be creative. I am going to explain to you a few scientific details, but most of my presentation rests on two sources of information: (1) Historical research revealing patterns of historical activity. I have searched through the libraries to find specific data about specific periods in history, and I have chosen periods in which similar astrological conditions exist. The amazing coincidence are what I present here. (2) My personal research into the special qualities of life which are experienced by those born under the signs of Scorpio and Capricorn. I have 10 years experience in astrological counsel.

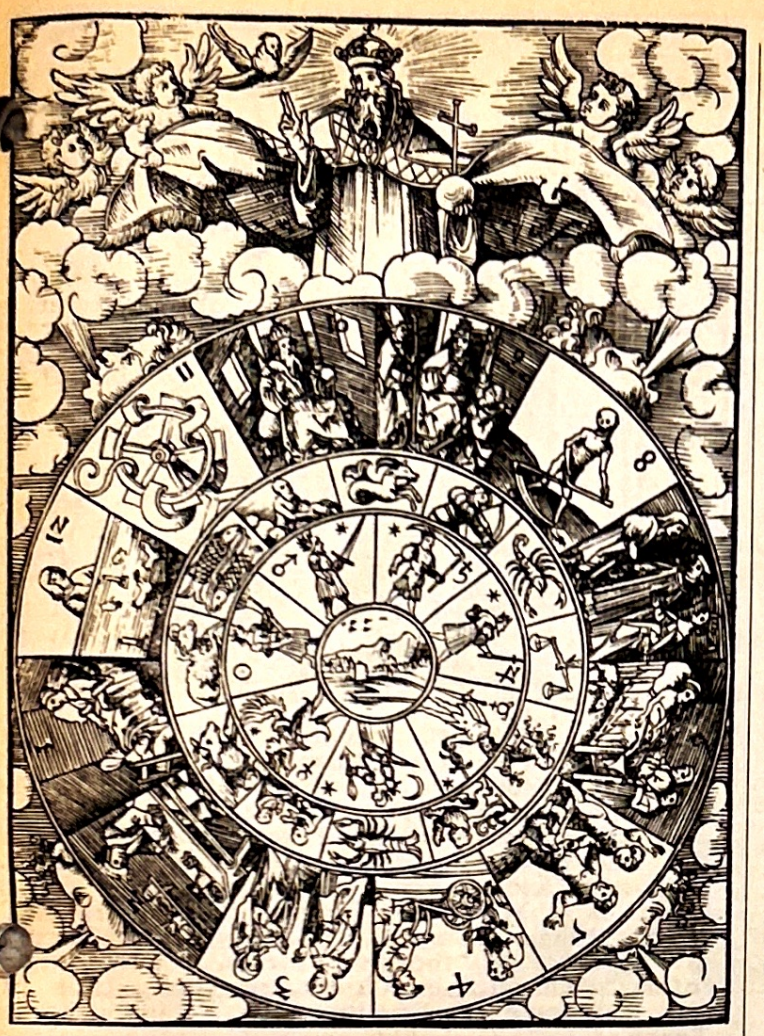
For 1984 let's start with the simple examination of the Jupiter transit into Capricorn which will occur on January 21, 1984. This cycle of expansion and supreme good luck repeats itself every 12 years. Astrologically speaking, there are great similarities between 1984 and the following years in your life: 1972, 1960, 1948. Just stop for a minute and thumb back through your psychic journal, your own akashic records and figure out what was going on in your life during those years. You will immediately notice an amazing coincidence as you search through those years for the theme of unlimiting expansionism and good luck. Undoubtedly a central theme will show up in some one specific part of your life such as travel, marriage, career, or self-development.

Just for the sake of jogging your memory a little bit, let me provide you with some of the historical scenario of those times. 1972: The height of the Vietnam War, America involved in her greatest fiasco. The threat of war looked like a pall of disgrace over our country. Nixon was landsliding into the White House. Where were you in 1972? Fighting the draft? Listening to rock and roll? Marching for peace?

And what about 1960? That was the year Kennedy was elected and the threat of Cuban Communism shook the western hemisphere. Civil Rights movements brought a great constituency of liberals and peace-making people into the American democratic system. Black people took their power unto themselves. And the US military had school children learning how to "duck and cover" in case of nuclear war. Just think, the military has been using the threat of nuclear war for 25 years now. Something tells me that in 1984, we'll all be old enough to finally call their bluff--either blow it all up now or put the stuff back under the ground forever and ever! Just for the sake of the older folks in the crowd, what about the year 1948. It was just two years after the end of THE GREAT WAR. The USA and the USSR were having their very first confrontations. The Berlin Wall was being fortified and the State of Israel was being established in the Middle East as an American outpost and homeland for the Dispersed of Israel. Fifty million people had been massacred by the war, and some were still at each others' throats. Veterans were marching for their rights. And for many of us who are now ready to turn forty, we were just deciding to be born on this planet which had so recently devastated itself in the most inhumane display of hatred ever recorded in history.

In 1984 there will be a terrifying stand-off between the superpowers. It has been 40 years since the end of the WORLD WAR. Considering the fact that it took only 20 years to build the pyramids and only 10 years to build the great Hoover Dam, you can imagine what an incredible monolithic monument has been built by the military industrial complex since the end of the WORLD WAR.

From the looks of it, 1984 is going to be the year when the great kinetic superstructure of war will go on display in the museum of Human History. In some impoverished place on this planet, such as San Salvador, or Lebanon, or Iran, the gigantic grumbling machine of the Defense Industry will launch off a petty war. Most of the missles will misfire, the soldiers will run in desertion, and the old patriarchs who are shouting orders are going to end up looking like fools. The military will look quite like an embarassed artist whose monumental work has become the laughing stock of the entire community. But, oh how my heart aches for those poor helpless individuals who find themselves destined to play the painful role of victims in this piece of terror-art.



Everytime Jupiter transits through Capricorn (the sign opposite to Cancer, the sign of the USA) the American Military Defense becomes increasingly defensive. And, the Soviet Military Defense becomes increasingly offensive. How each human individual reacts within the framework of this stand-off condition is vitally important. Unless the fates are different, you'll probably react to 1984 just like you reacted to Vietnam, to Cuba, to Berlin.

The next most poignant transit in 1984 is Saturn's transit into Scorpio which will last for 2½ years approximately. The last time this situation occurred was in the mid-fifties, in what history named the McCarthy Era. It was 1953-1956 when Saturn last transitted through Scorpio which it does every 28 years. Saturn is the symbol of severe restriction. It is traditionally assumed that whenever Saturn enters a sign, the sign suffers increased limitations which can be severe if the individual is not prepared to cope with the limits provided.

Scorpio is the sign of secrecy and sex and spiritual mystery. Scorpio is the sign of the allusive and alluring aspect in every personality, that special intimate aspect which is shared only in the most trustworthy situations. When Saturn enters a sign, the [illegible] constricts and tightens. Limits to the general social intimacies will result in rigid personal intimacies. Secrets create a special bond between those who keep them.

During the Communist witch-hunts of the 1950's, those people who were bothered most by the crazed crowds were those who tried to maintain some sort of secret life. When I studied the time period, I was amazed to find that there was a concerted attempt by those in power to "clean-up" not only the "communist" element but any element in the community which dared to hold a private, intelligent opinion of their own. Freethinkers, spiritualists, psychics, religious and peace activists were all cornered by the restricting limitations of Saturn's last transit through Scorpio. Those today who find themselves in this category would do well to heed the following advice. Grow up! Become much more mature in the use of your sacred skills and talents, do not hide or try to be secret. You must accept the responsibility and the limits of your spiritual knowledge and your intelligence. You can only do so much work with your mind and your soul; it's now time to work on the more practical issues of daily survival.

The Union of Soviet Socialist Republics (USSR) is a Scorpio born on November 11th. The USSR is a very spiritual country and it is much more secretive as it exhibits itself with policies between extremes of shyness and shamefulness. In 1984, the USSR is going to experience sever limitations from all sides. In the process, the USSR will be forced to mature into a position of responsibility.

Within the Soviet Union itself there are likely to be programs against secret religious societies. In that country it's much more apparent that the authorities use race or religion to eliminate the problem of the intelligentsia. 1984 will be a year when the intelligent people of the planet will have to stand up and face ignorant bullies on the rampage!

I have also discovered a much different coincidence of association with the sign of Scorpio. The growth and development of the micro-computer industries can be clearly associated with this sign. I must be honest in warning the computer industry that the omens are not good for the next two years. There may be severe limitations both in new talent and in new technology. I have to give you a very poor forecast on the issue of expansion. There is some slight positive consideration given to the fact that the industry will be trimmed and restructured by the brutalities of consumer capitalism. Quite a few of the secret and more vulnerable companies will probably be swept under the conglomerate rugs. I will also predict that through 1984 survival in this industry must have an Upper Case and a Lower Case to it. The language must be basically political. "Upper Case" politics means dealing with domestic regulations and the deregulation of foreign competition; "Lower Case" politics means designing hardware and software components that will give the public access to greater democracy. A smart president in a mid-sized computer company will make a fortune when he or she develops a way of putting more vote-power into the hands of the constituency which supports the technological sector. So shall it be! ☆

*Look for Part 2 of 1984: Chaos or Change in the next issue of Psychic Life Magazine. (Robert Cole is an astrologer in Santa Cruz. Questions or comments can be directed to him at Deja Vu Publishing Co., P. O. Box 552, 1339 Lincoln Ave., San Rafael, CA 94901 ...Editor.)*

# Healing with Tarot

through Shekinah Mountainwater

Here are a few answers to some of the questions often asked about Tarot cards:

Where do Tarot cards come from?

There are many theories about the source of Tarot decks. Some say a group of wise magicians gathered in ancient times and devised the images as a means of preserving mystic knowledge in a concise method that would be easily stored and transmitted. Some believe the images come from an Egyptian relic known as the Bembine Tables of Isis. The carvings on this tablet show scenes from rituals practiced by the Egyptians at death. Others say that the Gypsies gathered knowledge as they passed through the many cultures of the countries in which they travelled, and the cards evolved out of this process. While most current decks have come out of the occult movements of the 19th Century (Rosicrucians, Numerology, Astrology, etc.) I believe that the Tarot is really folklore; a wonderful legacy that comes from the deep-rooted wisdom of the people.

Is the Tarot religious?

There are many religious symbols in the traditional Tarot decks, such as the Pope or Heirophant, the Last Judgement, the Hanged Man (which is similar to the image of the crucified Christ), and the High Priestess. There are wavy lines between the things we call religious, mystical, or magic, and the Tarot seems to cross them all. The images are so compelling because of their universal, archetypal nature. As our mystical thinking changes, new tarot decks appear with new symbols. For example, in my own deck, I have changed the Last Judgement to Celebration, an image showing a rite of passage through community ritual. However, the Tarot is not exclusively mystical; it contains images showing all aspects of life. In general, those cards called the Major Arcana (in my deck, the Spirit cards) refer to the path of the soul, and the four remaining suits refer to more everyday situations. These are not rigid definitions, however, as the spiritual can be found in the mundane, and vice versa.

Do Tarot readers use crystal balls, astrology, palm-reading, and so on?

Sometimes. Usually people who are talented in divination find that they have one or two particular channels that suit them best. Some can just look at you and tell what's happening. Some throw seeds upon the earth and find answers from the patterns they make. A Tarot reader is usually very sensitive to images, which stimulate their psychic faculties.

How can a Tarot reading be a healing for the seeker?

Tarot heals in the shamanistic manner, that is, by finding the thought forms behind the problem or illness. Once a thought form is discovered, it can be dismissed and replaced, thereby beginning a new and healthier pattern in the psyche. This may take time, and require many repetitions, depending upon how deeply ingrained the old pattern is.

Some seekers have experienced instantaneous results. However, dis-ease also takes up residence in the body, and when developed, must often be treated on the physical plane as well. True healing takes in the whole person, on all planes of operation, both seen and unseen. The beauty of a Tarot quest is that it can save many years and dollars otherwise spent on a psychiatric couch in search of thought forms. For more information on this subject, see my article in the last issue of Psychic Life, "Healing With Tarot".

How come the cards can be so accurate?

They work on the principle of synchronicity; that is, anything occurring within a given moment can be seen to have a relationship with simultaneous occurrences. However, much of the accuracy depends on interpretation, and this is where the intuitive insight of the reader is so important. The more well-versed a reader is in the lore of symbolic archetypes from all cultures, the better her/his readings will be. It is also very helpful to be well-seasoned in life experience and understanding of human nature. And of course, knowing how to get on the psychic wave length is the earmark of the best readers. The seeker also has a responsibility to trust the cards and this non-linear method of finding the truth. Skepticism is healthy up to a point, when it protects one from charlatans and fakes. But too much can block the intuitive flow of the reader. If you approach a reader with a hostile or "prove it" attitude, you will probably get poor results. You may walk away feeling you were justified, but you also may miss out on a valuable experience!

Would you like to have a free, brief Tarot reading? Send in your personal questions to Psychic Life, and see them answered in this column. Readings will be based on one or two cards, and anonymity will be kept to preserve your privacy. For a full reading see Shekhinah's ad, in this magazine. ☆

*(Shekhinah Mountainwater is a teacher of women's mysteries, a poet, musician, myth-maker, ritualist and Tarot healer.)*

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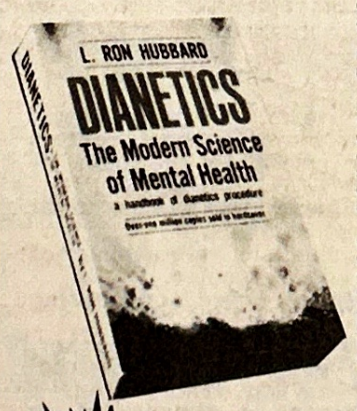


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# Psychic Glossary

*...words used by psychics to communicate about spirit and psychic abilities. Clairvoyants tend to use simple words that describe what they "see" spiritually.*

by Saul

AURA: the energy of spirit emanating from the body.

BEING: the immortal spiritual self. The spirit.

CENTER OF HEAD: the space in which you, the spirit, are most aware in the body-located behind the eyes.

CHAKRA: Sanskrit term meaning wheel, symbolizing the seven major energy centers in the body from the crown to the base of the spine.

CLAIRVOYANT: a person who sees light rays, energy, auras, and symbols.

ENERGY LEVEL: specific vibrations of the aura that can be seen as color.

GROUNDING: an energy cord, connecting to the planet.

GUIDE: a being that may act as teacher, healer, or helper to you in your spiritual evolvement. May be an old friend from a past life; often appears to a clairvoyant as it was in its favorite incarnation.

KNOWINGNESS: intuitive information from the being to the body.

MEDITATION: communication with your spiritual self and the God of your heart.

OWNERSHIP: claiming of your own space. The state of beingness in which you are certain of what belongs to you.

PICTURES: mental images that appear in the aura and can be seen by a clairvoyant.

PSYCHIC: soul essence. A person who is sensitive to energy.

PSYCHIC HEALING: the use of spirit to heal the body, also called spiritual or divine healing.

READING: the act of being in an altered state, where a psychic tunes his energy to the vibrations of another in order to sense, see, and know symbols, light, and mental images.

RUNNING ENERGY: a process of channeling cosmic and earth forces through the body to create a state of meditation and increase communication between being and body.

SEEING: experiencing energy on a visual level. A clairvoyant "sees" not only the physical world more clearly, but the spiritual as well.

SPACE: as in "she invaded my space". A psychic lingo term for aura or the sensitive energy of the body.

SPIRIT: you, the being; the soul; the immortal part of you; energy.

SUPREME BEING: God. Creator.

THIRD EYE: located at the center of the forehead. A type of opening and screen through which a clairvoyant views energy. Also called the 6th chakra.

TRANCE MEDIUM: one who has physical and spiritual programming that allows another being to occupy the body. Often the foreign being speaks through a person (for example, Edgar Cayce).

VALIDATION: permission to have and communicate about your own certainty regarding yourself and what you are experiencing. To a psychic, validation is often communicating with others who are experiencing the same things.

# Heavenly Humor

**Beyond High School**

by Dennis McCarthy

Parental love

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# Psychic Questions & Answers

by Francesca Biondo

Q. Why do my hands tingle when I meditate?

A. Many people who meditate report tingling, prickly or warm sensations in the hands. In the palms of your hands are hand chakras. These energy centers open and close like the lens of a camera. Meditation can activate these chakras and open up the flow of healing energy. When you meditate you are in a state of self healing. Sometimes when you reach a centered and relaxed space your healing vibration starts to turn on and run through your healing channels which extend down the arms and out the hands. You can direct this "tingling" energy to any part of your space for balancing and clearing. This is the energy used for psychic healing, laying on of hands, divine healing, etc. You can also use spirit guides to channel this energy by asking them to connect into your hand chakras and assist the directing of the vibration. (See Volume 2 #4)

Q. Why do I feel like my head is spinning when I go into some stores?

A. Large department and grocery stores have a tremendous amount of energy in them from all the people shopping. If you're sensitive and walk into a crowded store you being to pick up and sense all the feelings of the others around you. This is called clairsentience or clear feeling. It works like this: you enter a store and your spleen chakra (at your navel) opens up like a radar machine and begins to pick up and pull into your body the vibrations of others. Your body is the monitor and starts to duplicate or read out all the different emotions (an extreme case is empathy). You will feel the effect in your space depending on the area where you are the most receptive. For example, if you aren't grounded, you'll being to feel "spaced out"; telepaths will begin to hear buzzing in their heads; if you are sensitive to spirits your head will feel like it is spinning. This clairsentient experience is why some people just don't like to shop.

Q. When I meditate I notice my cats come over and sit in my lap. Are cats aware of what is going on?

A. Cats are sensitive to feeling energy. By nature they gravitate to safe and comfortable places. Meditation creates a safe, comfortable atmosphere. When you sit in meditation, if your pet is near (or not near, but has a long antenna!), he will move closer to you and the calm, healing atmosphere you are creating and may even jump into your lap.

Q. I have been running my Kundalini energy directly into my eyes to correct my eyesight. Can you recommend a safe way to do that? How long should I do this at any one time? Is there a better way to heal my eyesight than Kundalini energy?

A. The first safety step anytime you direct Kundalini healing energy through your body is to ground from your first chakra, then add additional grounding to your eyes (or whatever area you are working on). This allows you to channel the maximum amount of Kundalini healing energy as the excess clears down the grounding connection. Also, clear the energy space in front of and in back of the eyes. With Kundalini energy the signal to stop sending will be a temperature rise in the area, the energy automatically shutting off or a simple "knowing" the healing is complete. As with any healing of the body with spiritual energy, you must be consistent and regular for the psychic energy to reach the body energy. You might also accelerate the process by asking yourself, "Who does not allow me to see". ☆

*(Francesca Biondo, a master teacher, is currently training psychics to become teachers. Any questions about psychic energy or experiences can be addressed to her c/o Deja Vu Publishing Co., P.O. Box 552, 1339 Lincoln Ave., San Rafael, Ca 94901. ...editor.)*


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# SHIRLEY MAC LAINE

## Her Spiritual Search

Shirley MacLaine has written a book of great courage called "Out on a Limb." As an accomplished actress, dancer, singer, writer and political activist, she has come out of the "psychic closet" to tell us her amazing story of spiritual growth and awareness. This is not often a popular thing to do!

What impressed me the most about her book was not that she has had these experiences, because this information is quite familiar to me, but that she wrote about these so intelligently and honestly. So often information on the subject of psychic awareness is cluttered with too much lingo, (attempts to "prove it," or by having a "holier than thou attitude"). Shirley's language bypasses these pitfalls because she is not trying to prove anything to anyone -- she is communicating.

Her story includes the people in her life who have been catalysts for her growth. One of these people is her friend David, who talked about his spiritual experiences and gave Shirley the support to find her own path. This led her to other psychics who could give her information to further her spiritual search. During this time she experienced many different psychic phenomemon. She was given a message through her friend from an extra terrestial, she spoke with many trance mediums, from Europe to South America, and as she learned more about reincarnation and out of body experiences, she began to make sense out of the deja vu experiences she had had all her life.

Drawing by Lorna Gmelin

Her ability to clearly communicate about this search was a great surprise to me. I have seen her on television talk shows and have watched how people respond to her. Because she speaks "English" they can hear her. She doesn't alienate people in her communication. I think this is because she has found the key to spiritual growth and awareness — she has found that her answers are within her, and she's learned to say hello to herself and the God within.

Her story was great fun to read — I couldn't put it down until I'd finished. She is on her own in the big world out there, and she's doing a great job. And I agree with something else that she said -- hot baths with VitaBath are wonderful. Hello Shirley and congratulations! ☆

by Carol McCarthy

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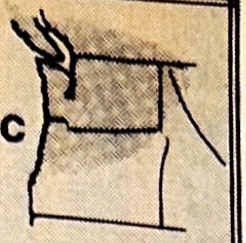

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## What Color Is Your Aura Today?

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The first layer of your aura around the body is a light, vibrant red. By keeping physically fit and healthy you stay in communication with your body.

The second layer is green and dark blue. The green is moving out the dark blue which is old ideas and concepts on an emotional level from your mother and father.

The third layer is yellow. You think a lot and intellectualize about how you run your energy.

There's a lot of dark energy in the fourth layer. This is a lack of permission to feel affinity for yourself. You have to give to others before you can give to yourself.

The fifth layer is turquoise. Here you use your physical abilities to create for yourself. Its a great healing for you.

The sixth layer is amusement blue and the picture here is that if you can't change the world, you might as well just laugh at it.

There's a picture of a shield on your seventh layer. This is how you protect yourself on a male level--you're able to hide your emotions behind it. The color is peachy pink. You are showing everyone you're OK and having fun.

- Excerpt from a Reading -

Maybe it's time you had a reading. For an appointment call (415) 548-8020. Learn to use your own abilities - we have beginning classes and workshops, as well as a one year seminary training. Psychic Abilities Demo - Tuesdays, 2-5, Berkeley.

# SPIRIT PHOTOS

In the spirit of Halloween, I see the beam of light between the two women as a female spirit who has come to join in the fun of the party. However, this being is a little pushy and is not real friendly. Also, it is throwing a little competition between the two girls and is trying to break up their fun, without success!

(Photo on Kodak 110 color print film with an inexpensive autofocus camera. None of the other prints on the film had anything unusual on them.)

-Reading by Sue Pearce

Do you have any of your own spirit photos you would like to share with us? We would like to publish reader's photos as space permits. Along with your picture, please include any information about the circumstances of the picture, such as, what you saw as you took the picture. All photos will be returned, if mailed with a stamped, self-addressed envelope. Mail to: Psychic Life, 1339 Lincoln Ave., San Rafael, CA 94901.


Washington Psychic Institute

Church of Divine Man

northwest seminary

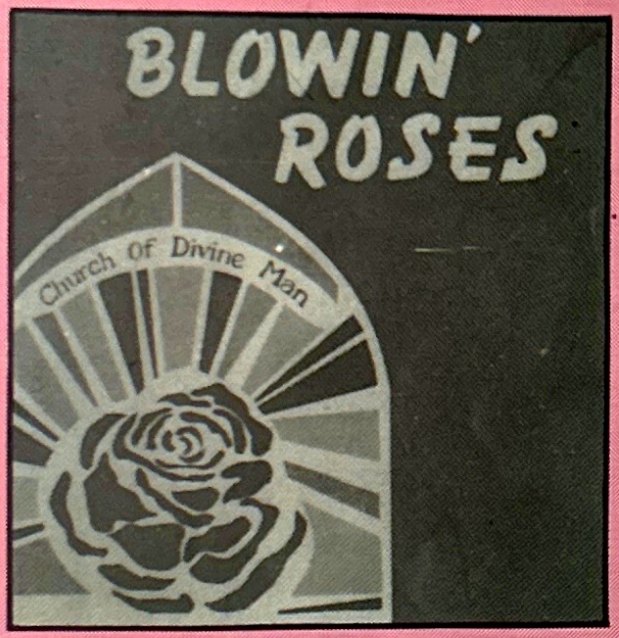
8 locations

from Vancouver B.C. to Portland Oregon

and Seattle to Spokane

This Seminary of Spiritual evolvement is for beginners and is based on the belief that everyone is psychic. Be amused and visit one of our psychic kindergartens. See Northwest Directory for locations and more information or call the Berkeley Psychic Institute - (415) 548-8020 - or visit us in Seattle, 2007 NW 61st, (206) 782-3617.

# Hear The First Record of the




On Record and Tape

# Songs of Psychics

***LOOK AROUND YOU***

*Look around you,*
*Look around you,*
*There's always more to see;*
*Look around you,*
*Let it astound you,*
*How happy you can be!*

*Words and music by Michael J. Tamura*

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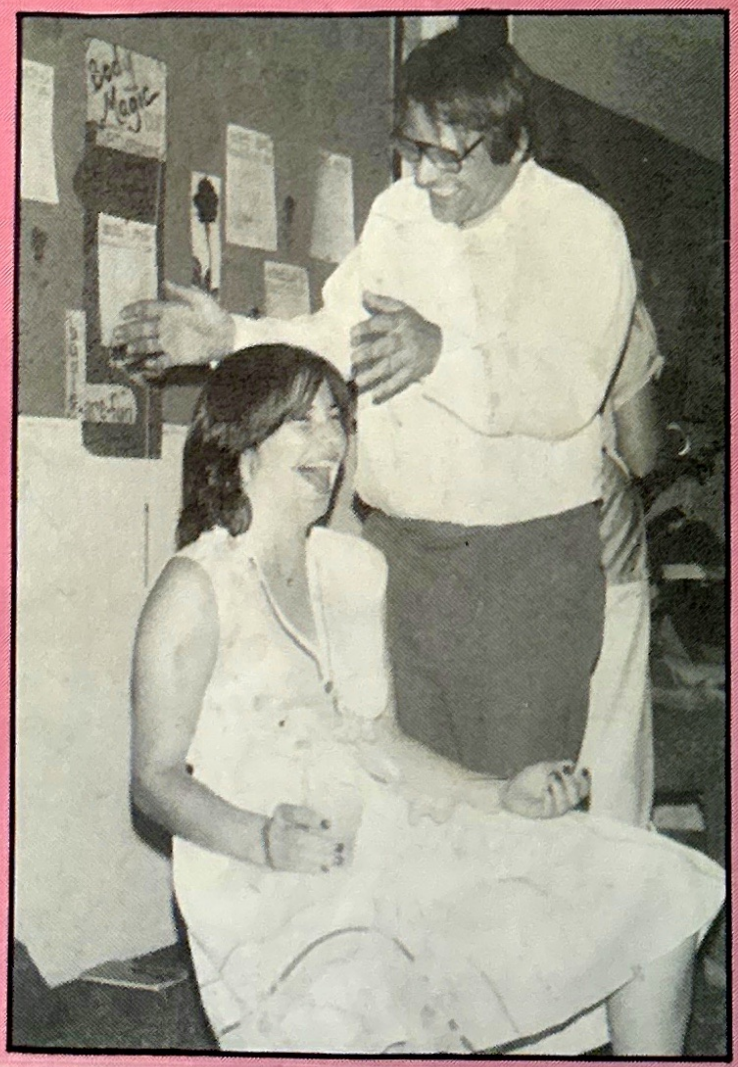

## Coming in the Next Issue

- Smells That Drive You Crazy
- The Smell of Love: Two Views- The Scientific and Psychic
- The Psychic Nose Knows
- Smells To Recall Past Lives By

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